

HERCULES II

(Apollo - Power - One)



lesson **1**



THIS IS THE
START
OF A
NEW LIFE
FOR YOU

Welcome to the Hercules II fold! ...

Congratulations! You have entered the wonderful world of Bodybuilding — From this day on you are entitled to call yourself a bodybuilder — or a physical culturist if you like. The important thing is that you are one of the 'special' people who have taken steps to improve yourself physically ... You will never look back ... From now on your world may well seem a different place. The fact that you have enrolled with us means that you are serious about improving your physical condition and overall appearance. In like manner we now pledge our sincerity in helping you attain the best possible physique, together with utmost strength, health, and fitness. Your body appeal is now OUR concern. It is our duty to keep the promises we made earlier before your enrolment. Believe us when we say that we are going to do our best to perform a 'miracle' before your eyes. We are going to attempt to transform you into the kind of person you always wanted to be. Have faith in us and chances are you will come **ALL THE WAY TO PHYSICAL PERFECTION** with flying colors.

Before undertaking this or any other Musclebuilding or fitness course you should always make sure that you are in normal health before starting. This is merely a precaution for your own good. Of course the chances are that you are in excellent health right at this moment. However we recommend that you first have a check-up with your family doctor. By all means show him this first lesson so that he will get an idea as to what you will be doing. In all probability he will be delighted that you have undertaken such a program of physical training. In addition we have to cover ourselves legally by stating that we accept no responsibility whatsoever for any accident, however unlikely, or damage that may be incurred, through following the recommendations of this course. Accordingly, take care not to perform the proposed exercises on rickety chairs, unstable ground, etc. Think safety in everything you do, whether it be in following this course, or in life in general.

This HERCULES II bodybuilding course consists of twelve lessons. These will be mailed to you regularly in the same manner as this first lesson. The HERCULES II staff will mail out your lessons each Tuesday. Ideally, you should get them in the correct numerical order, one per week. However there may be occasions, though it is unlikely, when a course may arrive a little early or late. Don't let this interfere with your training schedule. Simply keep to the plan as much as possible. You will certainly not suffer by staying on any single lesson for more than the week we propose. Just keep training until the next lesson arrives. You will notice that all your lessons are written in a very simple and easy to understand manner. So easy, even a child could follow the instructions.

It may seem rather ridiculous to state that you should follow all the instructions exactly as laid down, but we have found in our experience that many fellows, even though they have gone to the expense of purchasing our course, still do not follow our recommendations to the letter. As a result they do not make the best type of gains in muscular development! It cannot be emphasized too strongly that you should follow our course to the letter. Read through the text that explains each exercise. Perform it as we suggest. Above all,

do not make the mistake of thinking that if you do double the amount of work during your training you will double your rate of development. By doing this you may well half all progress. In the business of musclebuilding, especially at the outset, you must always be careful not to overwork the body. As a beginner you should train only every other day—never every day. The muscles must be given a day's rest between workouts so that they can continue the building process—muscles build up only during periods of sleep or rest.

SLEEP AND RELAXATION...

You want big muscles? Then you must make sure that you get adequate rest and sleep. You can't expect to play tennis before you work out and go dancing afterwards AND gain substantial bodyweight. Your muscles just must have adequate time to recuperate and build extra power. Whenever you subject your muscles to HERCULES II exercises (or any other vigorous exercises for that matter) the muscle cells are 'broken down' by the repeated tension. This tissue breakdown is what eventually causes a muscle to tire after a certain amount of strenuous exercise. However, these cells must be given rest periods to enable them to rebuild and increase overall muscle size. You must grab periods of physical relaxation whenever you can if you want to make the very best progress in musclebuilding. This does not mean that you have to neglect your household duties or quit your job. We are simply suggesting that for optimum progress you do not indulge in extra physical recreation. Learn to conserve energy... Rest at all opportunities, especially after meals, if possible. The amount of sleep you need will naturally vary from individual to individual, but as a general rule a beginning bodybuilder should get at least eight hours sleep each night.

FOOD...

Nutrition is tremendously important... You are what you eat. Don't fill up on what could be termed 'foodless foods', i.e. colas, hot dogs, candies, white flour products, etc. Eat a balanced diet of vegetables, salads, potatoes, meat, fish, eggs, whole wheat bread, fruit and whole milk. If you are inclined to be fat in the first place, then reduce sugar, pastry, bread, potatoes, and substitute skimmed milk for whole milk.

However, if you are on the thin side then you must always bear in mind that your muscles cannot enlarge unless they have enough 'fuel' to enable this enlargement to take place. A secret that virtually all the professional bodybuilders use is to eat five small meals a day instead of three large ones. This serves a dual purpose:

1. It prevents the stomach from being over-stretched which can give you a bloated feeling.
2. It gives the body a more constant food supply since your muscles are being fed more regularly.

Always have a good hearty breakfast. An example would be: juice, cereal, bacon and eggs, toast and honey, and a beverage. Even people who wish to lose flab should have something for breakfast!

Now here is a suggested meal plan for the skinny fellow who wants to make the best possible musclebuilding progress:

BREAKFAST

Orange juice
Cereal and milk
Sausage, eggs, bacon
Slice toast, jam/honey
Glass milk.

MID-MORNING

Glass milk
Cheese or meat whole wheat bread sandwich

LUNCH

Salad (either chicken, tuna, salmon, sausage,
ham or beef). Milk

MID-AFTERNOON

Milk
Cheese, fish or meat sandwich

SUPPER (large meal)

Meat, potatoes, vegetables
Dessert
Beverage

BEFORE RETIRING TO BED

Glass milk.



Robert Hailon's body is a product of this course plus scientific nutritional intake. His body shows beautiful male proportions.

It should be mentioned that if ultimate progress is to be made in the musclebuilding process, then it is a good idea to mix a good protein powder in with your milk every time you take a glass. Your local health food store should be able to supply you with a good quality protein supplement. Among the best in our opinion are: Casilan, 90% protein; Weider Super-Pro 101; or Proma-Plus.

THE EXERCISES . . .

You may think that you have done most of the exercises we recommend in this course. You may well have. But you can be sure that you have never done them the HERCULES II way! There are thousands of different variations of training — We believe ours is the **very best!** Accordingly, we would ask you to perform the exercises exactly as we recommend. . . Do not add any of your own exercises. Do not miss out any of ours. Do follow our exercises, eating and resting principles completely, exactly as laid out, and you will reach the pinnacle of HERCULEAN SUCCESS in double-quick time. In this and succeeding lessons you will be told of many different secrets — techniques used exclusively by the world's champions of the Bodybuilding Mecca. The author of this course is a well known authority on all matters pertaining to the physical perfection through correct training methods. He is well known to the World's best built men. Have faith in this unique program and we will help you realize all the physical developments humanly possible.

WHEN TO TRAIN . . .

It doesn't matter too much what time of day you choose to train. Most successful bodybuilders seem to prefer to train about an hour before their evening meal. Others manage an afternoon or morning workout. Actually there are two times when you should **not** train:

1. As soon as you get up in the morning (the body has to get used to being awake. To suddenly throw yourself into a workout could be injurious.)
2. Immediately following a large meal. (The digestive system should be allowed at least 1½ hrs. to do its job uninterrupted.)

TRAIN THREE TIMES A WEEK . . .

Always beware of training too frequently — three times a week is enough. To do more may well result in staleness — an inability to improve muscle size. Always allow a complete day's rest between your workout sessions, i.e., train Mondays, Wednesdays, and Fridays; or Tuesdays, Thursdays and Saturdays. Try not to train on two consecutive days. Remember the muscle cells need time to replenish themselves and grow larger. Don't try and do too much!

REPETITIONS AND SETS . . .

The term repetition or "reps" is used to denote the number of times you perform a certain exercise. For example, if you perform a 'push-up' three times, you are performing '3 reps'; 6 times, '6 reps', and so on.

Generally speaking it is a good idea to perform at least ten "reps" in any exercise. Of course, as one improves in strength, the number of "reps" one does tends to increase . . . in some cases up to fifty or more.

The term "sets" denotes a series of "reps" you do without stopping. For example, if you perform a series of ten "reps" followed by a rest, this is called a "set". If you do three separate lots of ten "reps" in an exercise, it is known as three "sets" of ten "reps". Five "sets" of ten "reps" would be written 5×10 . Accordingly you will notice that the movements advocated are written in this manner. The amount of rest one should take between sets of an exercise should almost never exceed one minute. Generally speaking, you rest long enough for your breathing to return to normal and then perform your next set, and so on.

If we list a certain exercise to be performed 3 sets of 10 reps, then don't feel that you must do only the 10 reps we state. Many fellows are able to do more. If you are able to perform 15, 20, or even more reps, then by all means do so. It can do nothing but good. On the other hand, many fellows will find that they are not strong enough to perform the amount stipulated. The answer is to do as many as you can without undue strain. If you can't even do one repetition, then perform a partial rep. In time you will progress until you are able to perform the movements as recommended — and then some!

WHAT TO WEAR . . .

It all depends on where you train. The main point to keep in mind is that the body should always be warm. Don't train in just a swimsuit if you are in a draft or in a heavily air-conditioned room. Wear warm, loose-fitting clothing that enables you to perform the various exercises without in any way hindering your range of movement. Cold muscles do not respond well to exercise and can even be susceptible to minor sprains and muscle tears which could possibly result in lost training time. And subsequently lost muscle building progress.

DON'T MISS WORKOUTS . . .

Whereas on one hand we strongly recommend that you do not over-exercise (three times a week only), we are adamant in recommending that you do not miss any of your scheduled workouts. Of course if you feel sick, have a heavy headache, flu, or are just feeling too tired, then you may have to pass up your workout. To exercise strenuously under these conditions would be ridiculous. Beware, however, of missing a workout through laziness. You must learn to distinguish between genuine tiredness and downright laziness. Sometimes after a rough day at school or at work you feel "pooped" — you say to yourself that you'd rather have a meal and watch television — you lack enthusiasm. You are really not physically tired — you are probably just mentally "pooped". If this is the case then get up and train — just 15 minutes — and you'll be happy you did!

HYGIENE . . .

Always shower away the film of sweat from your body after a workout. This will help keep your skin from breaking out in pimples, etc. Likewise, sweat should not be allowed to collect at the roots of the hair on your head. Wash your hair thoroughly after heavy exercise. More about skin and hair care later in the course. Generally speaking, always strive to keep your entire body well bathed. Cleanliness is next to Godliness. Besides . . . you'll smell better!

HOW TO PERFORM THE EXERCISES . . .

Don't just look at the illustrations. Read the literature explaining how to perform each HERCULES II movement. You will then be 100% sure that you are performing the exercise in the correct manner. As a general rule, perform an exercise with a quick steady movement — no bouncing — just make sure that whatever you are doing, you do with an even, unstrained motion. A fast tempo is more beneficial than a slow one. However, when you first learn a new exercise you should perhaps perform it slowly until you are exactly sure how it is executed.

To repeat . . . This course consists of the most modern, non-apparatus Bodybuilding Principles known to man. You are going to develop the kind of body men respect and girls admire. You are going to be a somebody next season. Whether you go to the beach, lake, or local pool, you will be admired for the kind of red-blooded He-Man you are! Prepare yourself NOW to follow in the footsteps of the world's best built men. Prepare yourself NOW — FOR A NEW, EXCITING LIFE, FULL OF THE REWARDS OF PHYSICAL SUPERIORITY!



FOLLOWING ARE YOUR FIRST WEEK'S EXERCISES...

Perform them conscientiously three times a week with a rest day in between each workout session.

EXERCISE ONE:

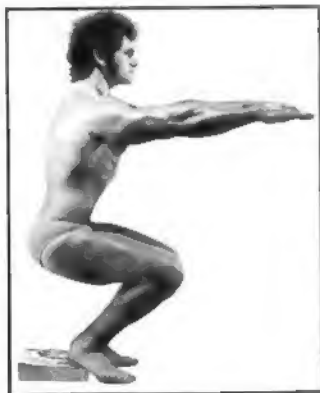
Jogging in Place

- body conditioner, warmer upper

Perform 5–8 minutes at the commencement of the exercise program. This stimulates the body metabolism and growing process of the physique. Additionally, it makes for increased cardiovascular efficiency [for example, a stronger and more efficient heart and lungs] — but more important to you, it warms up your body in preparation for the following purely **MUSCLE BUILDING MOVEMENTS**.

The exercise is a simple one. Simply run in place, lifting knees high with each movement. The higher you lift the knee, the more vigorous the exercise.

Alternatively, if you find that you are tiring too quickly, then simply make the movement less strenuous by reducing the height you lift each leg while jogging.



EXERCISE TWO:

The Squat

- thighs, calves, rib cage, lower back

1. Place a thick book on floor, under heels. Stand upright with arms out in front to help your balance.
2. Lower slowly into the squat position as illustrated until thighs are parallel with floor. Return to standing position and repeat.
3. Take care to breathe deeply during the movement, "In" on the way down, "Out" on the way up.

Perform 2 sets of 10–30 reps, depending on your strength.

EXERCISE THREE:

Hercules Floor Dip

• chest, shoulders, arms, triceps

1. Adopt position as illustrated. Fingers facing forward, hands a little wider than shoulder width apart, seat high in the air as illustrated in (c).
2. Lower into position and with 'bouncing' action, raise to original starting position.
3. Lower and repeat with a steady rhythm. The average fellow will be able to do about 8 reps. Perform 2 sets of 8-25 reps, depending on your present strength.

ILLUS. 4



EXERCISE FOUR:

Tiger Chair Pull-Up

• upper back, arms, biceps

1. You'll need a sturdy pole (metal preferably, unless you have a wooden pole that will not break under your bodyweight).
2. Adopt a 'hanging' position as shown in illus. (a). Make sure that the bar is set firmly before you commence the movement. Place a thick towel under the pole at each end.
3. Slowly 'curl' your arms until your chest all but touches the pole. (Illus. (b)). Lower and repeat for as many repetitions as you can reasonably manage. Aim for 2 sets of 6-20 reps.

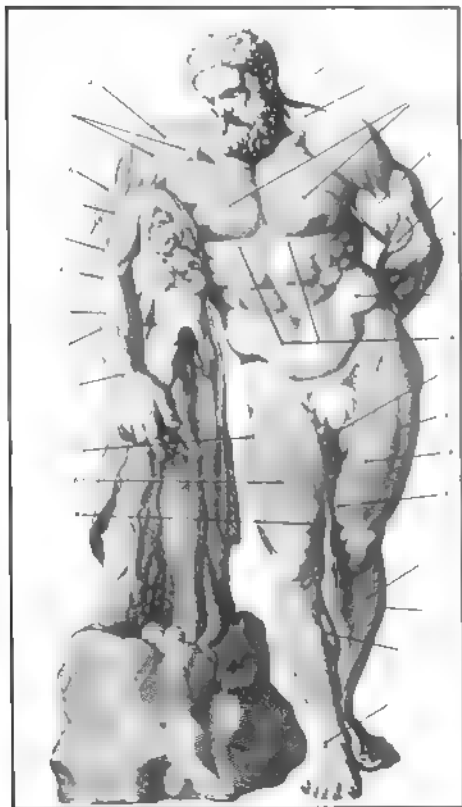


ILLUS. a



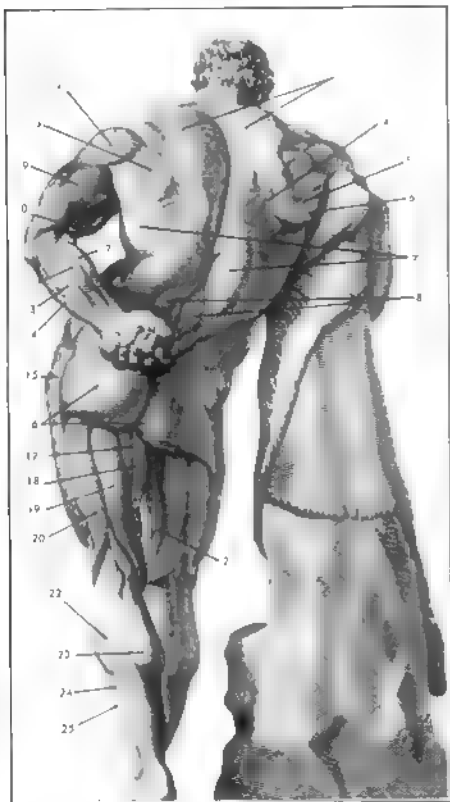
ILLUS. b

HERCULES MUSCLE CHART



NAME OF MUSCLE	ACTION OF MUSCLE	ACTIVITIES THAT DEVELOP THE MUSCLE
1. TRAPEZIUS	Draws head backward and up either side	Shrugging motion, teeth ching, neck work at firing shoulder dials and overhead handbalancing, wrestling and gymnastics
2. STERNOCLEIDOMASTOID	Flexes neck, turns head side to side	Forward laddering, pushing on forehead and tilting with head
3. DELT. ID a. ANTERIOR b. LATERAL	Flexes, extends, rotates shoulder	All lifting involving the trapezius also activates this muscle Wrestling, boxing and supporting weight on head
4. ROTATOR CUFF a. ANTERIOR b. POSTERIOR	Rotates shoulder	Single and two hand curling, reverse curling, chinning, all lifts the shoulders, especially clearing, also all types of lowering, all machine work (top climbing, gymnastics, wrestling, etc.)
5. TRICEPS (OUTER HEAD)	Extends shoulder	Pressing in various forms, standing, sitting, lying, etc. All extension movements, short all overhead lifting and supporting, all straight arm work (handbalancing, gymnastics, etc.)
6. BRACHIORADIALIS	Flexes forearm	Most of the exercises listed in No. 4 also development of this muscle
7. RADIALIS LONGUS	Extends forearm, supinates forearm	Using thick handled weights, pinching, gripping, clearing weights to shoulders, finger stunts, spikes and ball landing, etc.
8. RADIALIS BREVIS	Flexes forearm, supinates forearm	Same as No. 7
9. EXTENSOR DIGITORUM COMMUNIS	Extends fingers	Various types of gripping, pinching, etc.
10. LIGAMENT OF WRIST	Supports the fingers together	All heavy supports, especially those held on hands, support of and motion of pulleys and supports, wrist curls, wrist wrestling, etc.
11. PECTORALS	Flexes arm, adducts arm	All supine decline and incline pressing, lying lat pulls, pull-downs, etc.
12. EXTERNAL OBLIQUE	Flexes trunk, rotates trunk	Side bends, twisting movements, rotating torso while sitting and legs remain stationary, sit-up, all single overhead lifting, especially side and bent presses, single leg raise while standing, wrist ring, tennis, bowling, etc.
13. RECTUS ABDOMINIS	Flexes trunk, rotates trunk	All types of sit-ups, on floor, gym board and Roman chair. All forms of leg raises in lying position and between parallel bars or hanging from chinning bar. All frog kick, knee-plut, etc.
14. TENSOR FASCIAE LATAE	Abducts thigh, flexes leg	Raising leg upward while lying on side, holding knees together with hands then forcing knees apart. Most exercises that lift the leg.
15. RECTUS FEMORIS	Extends thigh, flexes leg	Same as No. 14
16. ADDUCTOR LONGUS	Adducts, rotates	Sitting, diving, sprinting, cycling, etc.
17. VASTUS EXTERNUS	Extends leg	Wide stance squats, placing the "cushie" between legs and turning, legs together full or partial split and alternating for "buckle up" Acrobatic and ballet dancing. In wrestling, the "cushie" rule. Lying on back and spreading legs apart and bringing them together again. A "cushie" rule at school to sink in and moving it.
18. VASTUS INTERNUS	Extends leg	Most of the exercises recommended and suggested in No. 17.
19. TIBIAL ANTICUS	Flexes foot and elevates the instep	Squats, raising toes, rotating the ankle, calf exercises, sprinting, mountain climbing, etc.
20. PERONEUS LONGUS	Extends, abducts and everts the foot	All exercises mentioned and suggested for No. 19.
21. GASTROCNEMIUS	Extends foot and flexes leg	Rising and walking on toes or tiptoes, all form of calf work, leg press machine and many other movements. Sit up would be various form of squats and knee bending, sitting and standing broad jumping, tap and ball dancing, calf apparatus work, stair climbing, dipping one or two steps in the process, springing and running, etc.
22. LIGAMENT OF ANKLE	Holds the foot in place	All exercises that work the shin and calf muscles of the lower

HERCULES MUSCLE CHART



NAME OF MUSCLE	ACTION OF MUSCLE	ACTIVITIES THAT DEVELOP THE MUSCLE
1. TRAPEZIUS	<p>1. Neck back, up, down, side</p> <p>2. Neck side, up, down, back</p> <p>3. Neck side, up, down, back</p> <p>4. Neck side, up, down, back</p>	<p>Stringing motion, tooth string, back work, all lifting in shoulders and overhead.</p> <p>Handbalancing, wrestling and gymnastics.</p>
2. POSTERIOR DELTOID	<p>1. Arm back, up, down, side</p> <p>2. Arm back, up, down, side</p> <p>3. Arm back, up, down, side</p>	<p>All lowering types of exercises, lateral raise while bending over, dips, expander movements, etc.</p>
3. INFRASPINATUS	<p>1. Arm back, up, down, side</p> <p>2. Arm back, up, down, side</p> <p>3. Arm back, up, down, side</p>	<p>Parties with weights, upright, and all tricing exercises, most exercises done in lying position, bent over laterals, pulldowns, etc.</p>
4. RHOMBOIDS	<p>1. Neck side, up, down, back</p> <p>2. Neck side, up, down, back</p> <p>3. Neck side, up, down, back</p>	<p>Parties with weights, upright, and all tricing exercises, most exercises done in lying position, bent over laterals, pulldowns, etc.</p>
5. TERES MINOR	<p>1. Arm back, up, down, side</p> <p>2. Arm back, up, down, side</p> <p>3. Arm back, up, down, side</p>	<p>Parties with weights, upright, and all tricing exercises, most exercises done in lying position, bent over laterals, pulldowns, etc.</p>
6. TERES MAJOR	<p>1. Arm back, up, down, side</p> <p>2. Arm back, up, down, side</p> <p>3. Arm back, up, down, side</p>	<p>Parties with weights, upright, and all tricing exercises, most exercises done in lying position, bent over laterals, pulldowns, etc.</p>
7. LATISSIMUS DORSI	<p>1. Arm back, up, down, side</p> <p>2. Arm back, up, down, side</p> <p>3. Arm back, up, down, side</p>	<p>Parties with weights, upright, and all tricing exercises, most exercises done in lying position, bent over laterals, pulldowns, etc.</p>
8. ERECTOR SPINAE	<p>1. Neck side, up, down, back</p> <p>2. Neck side, up, down, back</p> <p>3. Neck side, up, down, back</p>	<p>Parties with weights, upright, and all tricing exercises, most exercises done in lying position, bent over laterals, pulldowns, etc.</p>
9. TRICEPS LONG HEAD	<p>1. Arm back, up, down, side</p> <p>2. Arm back, up, down, side</p> <p>3. Arm back, up, down, side</p>	<p>Parties with weights, upright, and all tricing exercises, most exercises done in lying position, bent over laterals, pulldowns, etc.</p>
10. TRICEPS INNER HEAD	<p>1. Arm back, up, down, side</p> <p>2. Arm back, up, down, side</p> <p>3. Arm back, up, down, side</p>	<p>Parties with weights, upright, and all tricing exercises, most exercises done in lying position, bent over laterals, pulldowns, etc.</p>
11. EXTOR CARPI RADIALIS	<p>1. Arm back, up, down, side</p> <p>2. Arm back, up, down, side</p> <p>3. Arm back, up, down, side</p>	<p>Parties with weights, upright, and all tricing exercises, most exercises done in lying position, bent over laterals, pulldowns, etc.</p>
12. ANCHORIAL S	<p>1. Arm back, up, down, side</p> <p>2. Arm back, up, down, side</p> <p>3. Arm back, up, down, side</p>	<p>Parties with weights, upright, and all tricing exercises, most exercises done in lying position, bent over laterals, pulldowns, etc.</p>
13. PALMARIS LONGUS	<p>1. Arm back, up, down, side</p> <p>2. Arm back, up, down, side</p> <p>3. Arm back, up, down, side</p>	<p>Parties with weights, upright, and all tricing exercises, most exercises done in lying position, bent over laterals, pulldowns, etc.</p>
14. FLEXOR ANULUNARIS	<p>1. Arm back, up, down, side</p> <p>2. Arm back, up, down, side</p> <p>3. Arm back, up, down, side</p>	<p>Parties with weights, upright, and all tricing exercises, most exercises done in lying position, bent over laterals, pulldowns, etc.</p>
15. TENSOR FASCICULATA	<p>1. Arm back, up, down, side</p> <p>2. Arm back, up, down, side</p> <p>3. Arm back, up, down, side</p>	<p>Parties with weights, upright, and all tricing exercises, most exercises done in lying position, bent over laterals, pulldowns, etc.</p>
16. GLUTEUS MAXIMUS	<p>1. Arm back, up, down, side</p> <p>2. Arm back, up, down, side</p> <p>3. Arm back, up, down, side</p>	<p>Parties with weights, upright, and all tricing exercises, most exercises done in lying position, bent over laterals, pulldowns, etc.</p>
17. ADDUCTOR MAGNUS	<p>1. Arm back, up, down, side</p> <p>2. Arm back, up, down, side</p> <p>3. Arm back, up, down, side</p>	<p>Parties with weights, upright, and all tricing exercises, most exercises done in lying position, bent over laterals, pulldowns, etc.</p>
18. GRACILIS	<p>1. Arm back, up, down, side</p> <p>2. Arm back, up, down, side</p> <p>3. Arm back, up, down, side</p>	<p>Parties with weights, upright, and all tricing exercises, most exercises done in lying position, bent over laterals, pulldowns, etc.</p>
19. SEMITENDINOSUS	<p>1. Arm back, up, down, side</p> <p>2. Arm back, up, down, side</p> <p>3. Arm back, up, down, side</p>	<p>Parties with weights, upright, and all tricing exercises, most exercises done in lying position, bent over laterals, pulldowns, etc.</p>
20. PERONEUS FIBROSUS	<p>1. Arm back, up, down, side</p> <p>2. Arm back, up, down, side</p> <p>3. Arm back, up, down, side</p>	<p>Parties with weights, upright, and all tricing exercises, most exercises done in lying position, bent over laterals, pulldowns, etc.</p>
21. PERONEUS LONGUS	<p>1. Arm back, up, down, side</p> <p>2. Arm back, up, down, side</p> <p>3. Arm back, up, down, side</p>	<p>Parties with weights, upright, and all tricing exercises, most exercises done in lying position, bent over laterals, pulldowns, etc.</p>
22. GASTROCNEMIUS OLTERHEAD	<p>1. Arm back, up, down, side</p> <p>2. Arm back, up, down, side</p> <p>3. Arm back, up, down, side</p>	<p>Parties with weights, upright, and all tricing exercises, most exercises done in lying position, bent over laterals, pulldowns, etc.</p>
23. INNER HEAD	<p>1. Arm back, up, down, side</p> <p>2. Arm back, up, down, side</p> <p>3. Arm back, up, down, side</p>	<p>Parties with weights, upright, and all tricing exercises, most exercises done in lying position, bent over laterals, pulldowns, etc.</p>
24. SOLEUS	<p>1. Arm back, up, down, side</p> <p>2. Arm back, up, down, side</p> <p>3. Arm back, up, down, side</p>	<p>Parties with weights, upright, and all tricing exercises, most exercises done in lying position, bent over laterals, pulldowns, etc.</p>
25. PERONEUS LONGUS	<p>1. Arm back, up, down, side</p> <p>2. Arm back, up, down, side</p> <p>3. Arm back, up, down, side</p>	<p>Parties with weights, upright, and all tricing exercises, most exercises done in lying position, bent over laterals, pulldowns, etc.</p>

HERCULES II

(Apollo - Power - One)



lesson **2**

LESSON TWO

This is your second week of our foundation course. This week you will continue your exercise as you did in week 1, but with extra exercises—added at the end of each session.

Remember the first week you gave your body a good foundation to build on. So remember that this week the **EXERCISE** program is designed to coax your muscles into the next stage of progress. Keep in mind that you are following the most advanced and scientific bodybuilding program available. You will be shown some minor improvement almost every day, but your body will **RECEIVE** 90-day plan. But remember our 3 point program.

1. You must follow the exercise program exactly as told in our exercise program.
2. You must get adequate sleep and relaxation each and every day.
3. You must eat well and often, drink plenty of water if you are moderate. Please do not skip meals. Please do not eat junk food, sweets, beer, alcohol and extra salt at all times.

If you choose to ignore any of these points then you will be doing less than you first thought your physical appearance is. Several million people have done what you are doing and you are doing it wrong. Take stock in yourself—how are you going your muscles to improve on what?

Did you notice your muscles aching after your first few workouts? This is quite normal. It is not your thought is, might make you feel a little uncomfortable at first, it is only because that your muscles are reacting to the HFC 90-day plan. Ever so this muscle soreness will subside after a few workout sessions. Remember you training regularly and you will never experience this reaction again. Naturally, if you fail to take a day off in some length, then when you resume working out you will definitely notice a more severe muscle ache again. But here again as you get back to your workouts you will not ache any more.

CONCENTRATION AND INSPIRATION

We have mentioned concentration before but it merits being explained a little more clearly since it is of prime importance to you as an aspiring bodybuilder. When you perform any of the HERCULES exercises you should always keep your mind on the exercise movement which you are performing. Concentrate on what you are doing. Watch those arms, legs as you press and thrust, as you squat and curl. Don't exercise while watching T.V. Certainly, a strong flavor of healthiness is fitting an exercise. You will feel tired and exhausted when what you are doing. Concentrate on improving your performance each workout. For example, if you can't manage 100 reps at a particular exercise one workout, try that 100 reps next day after an exercise during the next workout session. You will only manage this sort of achievement if you concentrate fully each time you workout. A gradual muscle growth is only achieved when you force the muscles to get tired and make the fibers tear apart. If you do this. Theoretically speaking, every time you manage to improve your "reps" at any movement your muscles will increase in size to accommodate this extra demand. So concentrate more for bigger muscles.

It is hard to concentrate on this exercise if you are fully engaged in a more valuable activity. It is hard to give your full attention to a secondary activity if you are fully engaged in a primary activity. If you are not tired how you can get ready to do a secondary exercise? Don't look at the clock. If you feel tired you will work better. If you watch the clock you will lose interest. You will only get tired and if there are then you will work better. It is hard to be tired and if you are tired you will work better. You know the feeling. You are looking for this feeling. The feeling of this important exercise. Now, now, you are tired, get tired.

Never allow a negative attitude to rule your lifestyle. Be positive. Check some of the progress of great inspiration in our book is an inspiration. Thank to you and. This is now a challenge.

Improve yourself further and extremely muscular stroking the golden sands of some friendly beach. Imagine the stars reaching to your powerful handsome physique. Let their words always keep a mental image of the kind of body you are striving to construct. Tell yourself you **WILL SUCCEED**. Determine now to surpass any workouts. Determine now that you will keep up your enthusiasm and success is yours. Determine now to remain inspired!

Step Two

Special Vitamins and Minerals for Skin

Vitamin A is an essential vitamin for skin health. A high vitamin A intake is especially good for dry skin. Lack of vitamin A almost always helps create acne. Vitamins A, C, D, K, E and calcium are also needed for healthy, smooth skin with a natural elasticity. Cold liver oil is best for this, not only for polyunsaturates but also for vitamin A. It is also routine. You can get your normal requirement by taking one ounce (two tablespoons) of cod liver oil daily. Vitamin K is found in dairy products, vegetables, especially leafy greens is the best source of vitamin E.

B vitamins are special for dry skin. They all help to keep skin soft, smooth and healthy. B1, B2, B6, B12, B5, B7, B9 and B3 are the most important. B12 is the best known. B12 is found in meat, fish, eggs, dairy products, and fortified cereals. B6 is found in meat, fish, eggs, and fortified cereals. B5 is found in meat, fish, eggs, and fortified cereals. B7 is found in meat, fish, eggs, and fortified cereals. B9 is found in meat, fish, eggs, and fortified cereals. B3 is found in meat, fish, eggs, and fortified cereals. B vitamins are very important for skin health. They help to keep skin soft, smooth and healthy. B1, B2, B6, B12, B5, B7, B9 and B3 are the most important. B12 is the best known. B12 is found in meat, fish, eggs, dairy products, and fortified cereals. B6 is found in meat, fish, eggs, and fortified cereals. B5 is found in meat, fish, eggs, and fortified cereals. B7 is found in meat, fish, eggs, and fortified cereals. B9 is found in meat, fish, eggs, and fortified cereals. B3 is found in meat, fish, eggs, and fortified cereals.

Dry Skin

For skin surgery, particularly around the eyes. Dr. C. J. Silver, expert in this and ophthalmology, writes: "I have used a capsule of 25,000 units of vitamin A after each of my operations. I have found that it is very effective in preventing dry skin and the need for a short healing time. Use a very mild soap and use creams to protect the skin from the cold and the wind."

Drugs

All drugs including analgesics, headache mixers, antibiotics, tranquilizers and diuretics can sometimes cause drug rashes.

Step Three

Special Treatments

Pimples. These are caused by dry skin. As soon as you notice the start of a pimple, apply a hot compress. Apply it for at least 24 hours. Most of the time the infection and inflammation is gone with the dry skin. Never squeeze a pimple which is above the level of the upper lip. This is very dangerous because it can get into the blood stream and cause a brain abscess. Always apply hot compresses until it comes to a whitehead and is completely ripe. Then squeeze it out. Then apply a hot compress until it is completely dry. Do not spread toward the brain.

Born. Apply antibiotics of ointment to the head for one or more times a day for 10 to 15 days. With in 40 days the swelling disappears and no surgical drainage is needed.

Step Nine

Fresh Air

A truly healthy skin needs exposure to clean, fresh air. Even a walk in the fresh air, taking long, deep breaths, is necessary for the skin. Air bathing, even though the sky is overcast, can give a thoroughly beneficial

Step Ten

Rest

Sufficient sleep is important. Make sure you get sufficient sleep each night. If you are not getting enough sleep, your body is fighting against you. You are not only not getting sleep, but you are also not getting the rest your eyes and your skin need to glow in your better mood, fitness, and health. So, we also advise you to get plenty

Step Eleven

Smoking

If you smoke, you should definitely take drastic action to stop. People who smoke heavily and over a long period of time are at much greater risk of skin diseases. If you smoke more than 200 cigarettes a day, which pass through the blood stream, you can never have the chance of making your skin look its best. You continue to smoke, it just isn't possible for your skin to have a truly healthy glow. You smoke, all ways will be at much higher if you continue to smoke. Sometimes the skin is unable to do its job. Some will be realizing this, take whatever is an effort to improve the condition of the skin. Luck is what is not solve skin problems. Cigarettes can be addictive. If you are eating the normal food as advised. So, if One of my friends, a friend of mine, who is a doctor, he told me, well, this is a

HOW TO IMPROVE YOUR SKILL AT WRIST WRESTLING

Ever wished you could beat every body at the really art of wrist wrestling. Hercules the great you have even better. But Hercules the great you will definitely lose if you are not at wrist wrestling. But let's be fair, the average may not be good enough for you. You want to be the best. You want to be unbeatable.

Practice this technique with your partner. Remember to use both hands.

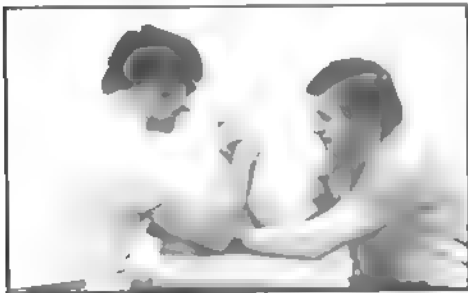
Practice this technique with your partner. Remember to use both hands.

3. Practice this technique with your partner. Remember to use both hands.

4. West wrestling is not just a matter of strength. There is a lot of technique involved in the correct manner of performance. It is a thousand year old sport.

Remember

is that you are using the same with your free hand.



The trick in winning at west wrestling is to simply try to twist your opponent's palm to face you. By

the way you use your hands, you can win. Remember to use both hands. Practice this technique with your partner. Remember to use both hands.

is right too

Paul Anderson Wins Strongest Man

was aside from his regular meals.

Now we are faced by the dilemma that there may well be a significant difference in the effect of the two different treatments on the rate of recovery, but the existing data are insufficient to express a firm judgment on this question. However, it is fairly easy to suggest a way in which this problem may be resolved. It is to do a further study, but this time with a larger sample size, and to compare the two treatments.

If you want to gain weight, then not serious about it.

(b) $W = \{u \in \mathbb{R}^n : \sum_{i=1}^n u_i = 0\}$ is the orthogonal complement of $\mathbf{1}$ in \mathbb{R}^n . The matrix A is the restriction of L to W . The eigenvalues of A are $0, 1, 2, \dots, n-1$. The eigenvectors of A are the vectors v_i defined by $v_i = \frac{1}{\sqrt{i(i+1)}}(1, 2, \dots, i, 0, \dots, 0)^T$ for $i = 1, 2, \dots, n-1$. The eigenvector corresponding to the eigenvalue 0 is $\mathbf{1}$.

2. Put an "I" in a circle on the left side of each square. Put an "A" in a circle on the right side. Write a letter in the space between the "I" and the "A" to give each letter a new weight to give it a new meaning. Try to use other ways. Exercise: nutrition and relaxation.

ronically, the second most common question we get asked is

- "How can I lose weight quickly?"

[illegible]

LOSING WEIGHT IS A MATTER OF GRADUALLY REDUCING CALORIES THAT'S BEST DONE BY EATING MORE FOODS WITH HIGH CALORIE CONTENT WHILE AT THE SAME TIME MAKING SURE THEY CONTAIN ENOUGH VITAMINS, MINERALS AND PROTEINS. TO STAY HEALTHY

1. You are allowed to use your back words, you do not have to write the words first.
2. From a system where all sugar molecules are used as energy, there would be no carbohydrates.
3. Even if a person does not eat, they would still get energy from their liver.
4. Exercise is important.
 - a. It helps draw out toxins that your skin can't get rid of, so it's good for your skin.
 - b. It helps build energy which dieting alone does not give.

Fabulous Hercules Wall Push

1. Move your feet back until most of your body weight is taken by your arms. Now press your body away from the wall by straightening the arms. Immediately return to the starting position. Repeat 10 times without sudden strain. Do not rest more than 30 seconds.



As we mentioned at the beginning of this second lesson, you will do the same exercises as last week (lesson one) plus two extra exercises.

The two new exercises this week are

Chair Triceps Pushup

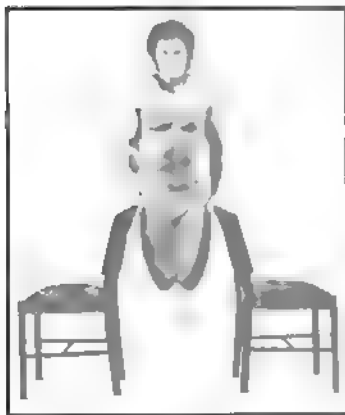
2 x 10

illus. (a)

Adopt the position as shown in the illustration: hands about five inches apart. Keeping your elbows 'in' to your waist, lower the body up and down in a steady rhythm, allowing the chest to touch your hands on the bench or chair.



ILLUS. (a)



ILLUS. (b)

Chair Shrugs

2 x 20

illus. (b)

Adopt the position as illustrated. Keeping your arms absolutely straight ALL the time, raise and lower your entire body by shrugging your shoulders. Aim to touch the shoulders to your ears each repetition.



1. Urdhva Dhanurasana



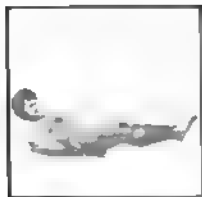
2. Urdhva Dhanurasana



3. Urdhva Dhanurasana



4. Urdhva Dhanurasana



5. Urdhva Dhanurasana



6. Urdhva Dhanurasana



7. Urdhva Dhanurasana

This concludes your basic two week foundation course. Next week you will receive Lesson 3.

You will find that in this next lesson you are taken a step further into your bodybuilding advancement. Plus we are going to give you the super secrets on how to gain MUSCLE BULK! Yes, you will not let it on the internet discover how you can increase your bodyweight in the fastest possible way. In addition we cover the simple steps you can take to learn how to do a simple handstand. In the advanced section showing how you may accomplish the impressive one handed handstand.

See you next week!



HERCULES II

(Apollo - Power - One)



lesson **3**

LESSON THREE

Back again Are you ready to go?

We assume that you have been doing the recommended foundation course during the last two weeks

Remember the three point plan

- 1 Get sufficient food
- 2 Exercise hard
- 3 Get sufficient sleep and relaxation

Now it's time to work on the four advanced intermediate programs. These are designed to help you work every day. They are going to work for you. The magic. They help and we will change your body and your life.

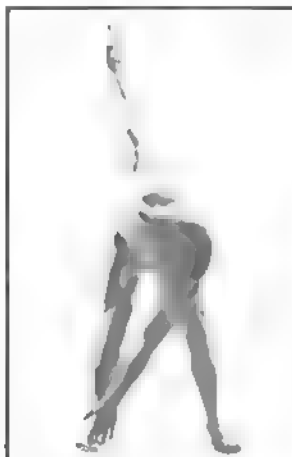
EXERCISE ONE

Windmill Toe Touching

• overall body warmer upper

Start in a standing position with feet shoulder width apart. Arms extended straight out to the sides at shoulder height. Bend forward from the hips, keeping the back straight. Reach the hands down towards the feet, one hand at a time, alternating between the left and right foot. This movement stretches the hamstrings, lower back, and shoulders.

ILLUSTRATION



EXERCISE TWO

Jackknife Deltoid Dip

- 10-15 reps

Assume a position as shown in illustration 1.

1.  Illustration 1

2.  Illustration 2

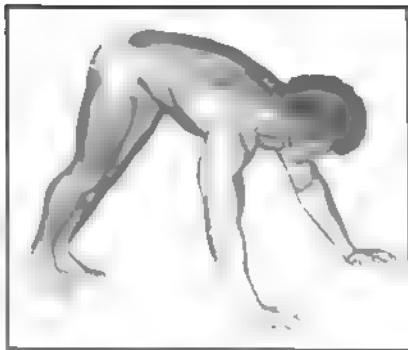
The main tension in the shoulder region rather

than the biceps.

Try  Illustration 3

complete 3 sets of at least ten repetitions.

Illustration 1



EXERCISE THREE

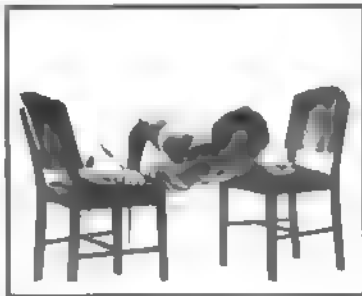
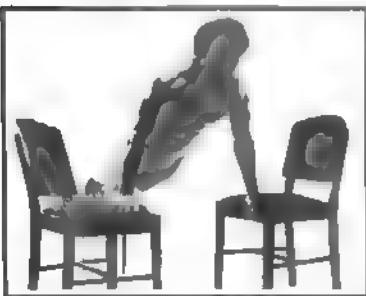
Wide Grip Chair Pushups

- 10

This exercise is specifically designed to strengthen the chest muscles.

1. Place hands, fingers facing straight ahead, on two chairs (illustration 1).
2. Lower body by bending arms until your chest just will not go any farther. Make a steady up/down movement without pausing for air.

Try 3 sets of 8 reps. If you can manage more do.



EXERCISE FOUR

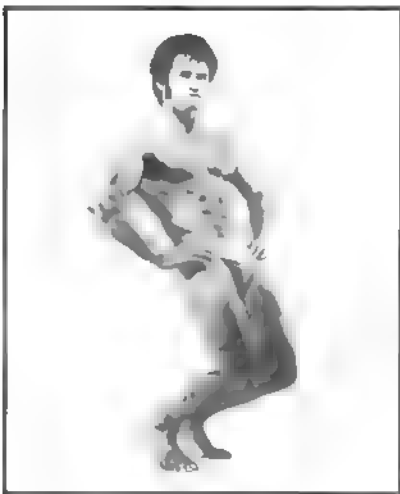
Sissy Squats

■ thighs and calves

- 1 Make sure that the body leans back while the hips and thighs are kept forward
- 2 Keep feet at or 12" apart, hands outstretched in front of on tips to help your balance
- 3 Slowly lower body by squatting down, but maintain torso straight throughout the exercise
- 4 Raise and lower in rhythm. Caution against lowering steps has been completed.

Perform 3 sets of 18 or more reps

LEGS (c)

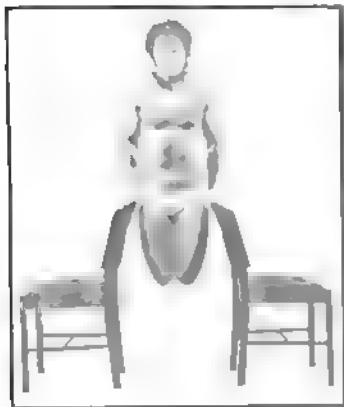


EXERCISE FIVE

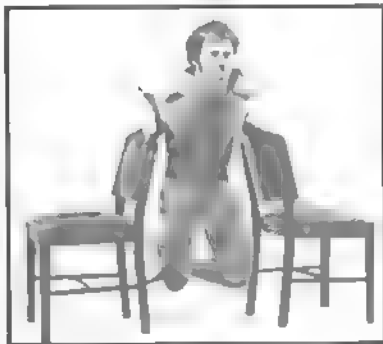
Hercules Chair Dips

• arms, chest, shoulders, neck 3 x 5

1. As illustrated, as shown in the first illustration. Make sure that your shoulders are directly over your hands. As you lower your body, your arms should be straight. Feel more comfortable when you are able to lower your hand.
2. Lower slowly into position and raise again. Allow the body to rest just slightly before performing the exercise.
3. Continue to alternate between the two positions as you change your body position. Make sure you are able to perform five times. You may be able to increase the number of your proper condition.



ILLUSTRATION



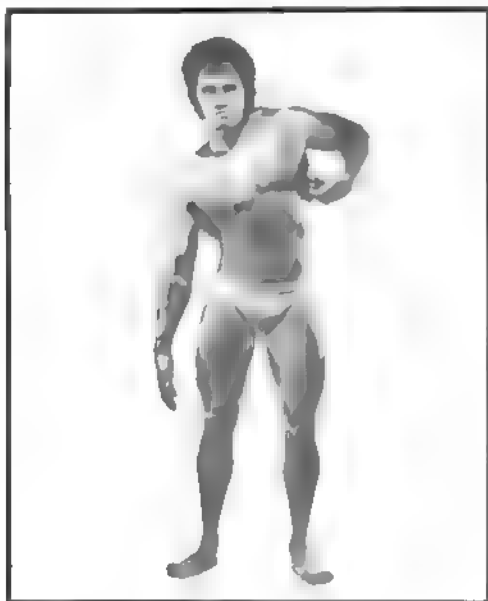
ILLUSTRATION

EXERCISE SIX

Side Bends

• midsection 3 x 50

1. Stand upright as illustrated feet 20 inches apart. Keeping your back straight, bend the trunk from side to side.
2. Effortlessly lean as far as you are able to each side. Aim for 3 sets of 50 reps.



This concludes your workout for Lesson Three. Always work hard and follow the exercises as outlined.

As we progress, strive to get a little bigger and increase your maximum muscle density.

MUSCLE BULK

You may or may not be able to 2x your muscle mass in 12 weeks. If you are not able to, don't worry. You will still have gained the correct amount of solid muscle.

1. Perform your exercises with a steady rhythm.

5. Increase your protein intake to 1.5g per lb of body weight. This will help you gain muscle faster.

6. Keep your diet steady. Don't eat too much or too little. Keep your body in a steady state.

7. Follow the bulk gaining diets we recommend.

8. Sleep at least 8 hours each night.

9. Don't drink, smoke or dissipate.

10. Learn to relax. Put your feet up when not training.

11. Never let the body go without some form of food or drink every two hours. Except at night time when you are sleeping.

12. Weigh yourself every 2 weeks. If you are not gaining muscle, adjust your diet.

Here is a sample muscle building diet:

BREAKFAST

- 2 glasses milk
- meal of cereal or eggs & bacon
- 2 slices toast with butter and jelly or honey

LUNCH

- 1 glass milk
- meat
- 2 slices toast with peanut butter or sandwich

SUPPER

- 1 glass milk
- meat, chicken, meal of
- 2 slices toast with

peanut butter, cheese, fish, or meat sandwiches

AFTERNOON SNACK

- 1 glass milk
- one slice of sandwich

SNACK BEFORE BED

- 1 glass milk
- peanut butter, ham, egg or honey sandwich

Don't forget to drink plenty of water. If you are not gaining muscle, adjust your diet. Weigh yourself every 2 weeks. If you are not gaining muscle, adjust your diet.

HANDBALANCING

Who has not marvelled with delight at the muscular athlete crouching in a crouched position and then perhaps dipping his body so that his chest touches the floor, followed by a slow press up to regain the power for a handstand. After a long pause, the body weight shifts to the hands so that the athlete is on one arm, and then the legs slowly rise to show the athlete poised soundly on one arm! The judge and the standstill. You too can master this amazing feat. Here's how.

STEP ONE

When it is time for yourself the best possible result, you must walk before you run. Or if you rise your back through the crouch, you can before you attempt to swing or launch, for while your body weight is low, you will be able to rise slowly, at a slow rate, doing this can be done. Crouching is a good place to start, some of the following way. One is to go down, at a slow rate, and then the body is ready to be raised at about one foot or less, by a slow rise. The arms are, generally, at the sides, ready to be raised, or they are directly above. See illustration 2. The other is to rise, by a slow rise, to the position, which is recognized later to be a good one, and then the body is ready to be raised, by a slow rise, enabling the whole of the body to be raised, by a slow rise, the body weight on the arms and hands.

Illustration 1 (the crouch balance)



Illustration 2 (the splayed hand)



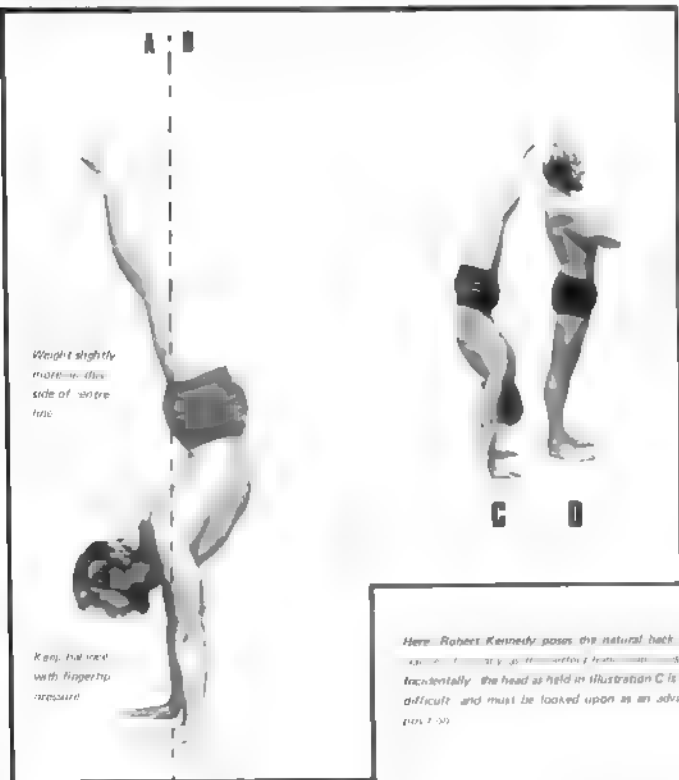
This exercise should be done slowly, holding the position for as long as possible, for a few minutes each day. Special care must be paid to the heel position which should be lowered and a waltz step slowly be taken to its limit.

Another good exercise to increase wrist flexibility and strength is one which can be done at all times during the day. It is simply that of clenching and unclenching the fists. This can be done with or without anything in the hands, or if preferred, a soft rubber ball can be used.

As this initial week of your first exercise progresses, you should begin to feel the results of your crouch balance movements. Your arms will gain strength and you will slowly find that you can maintain the balance position for longer periods without undue strain.

STEP SIX

You will notice that in *Illustration 4* a dotted line has been drawn approximately through the centre of the figure. This line represents the centre of gravity mentioned earlier. The centre of gravity is a purely theoretical concept, but in practice, one study of our diagram should help you discover an approximate position. Its purpose here is to show you that when in perfect balance the amount of weight on each side of the line is equal almost, but not quite. There is slightly more bodyweight on the A side than on the B side. This is the overbalance position that was mentioned by today the jury will find the first in of A. If the pressure of the fingertips must be great enough to prevent from falling, you can maintain the position with little or no use of the fingers, as in C. This is why that you should set you so. Practice does indeed make perfect and a short time spent carefully will in so many remarkable improvement.



Elementary balance must be practised until such time as you can keep the body from shoulders to feet rigid. Once you can do this, the amount of muscular effort required to hold balance is greatly reduced. Reaching the point where you can concentrate entirely on fingertip pressure should be your next goal and all practice should be to this end.

To sum up what we have just learned

The body is kept in a state of balance by means of the overbalance being kept in check by fingertip pressure. Underbalance is corrected by bending the elbows and strengthening them to regain the proper position. Always avoid walking forward on the hands, except in emergencies. For apart from being an iron heel, ultimately gets the would-be balancer into bad habits which are later hard to correct. Remember, practice makes perfect; a bad habit practiced enough would make that error perfect. That is why it is so important to practice whatever you do correctly from the very beginning. Control your enthusiasm to progress as fast as possible, but heed in mind what has been said. Forcing the pace can lead to bad balancing habits and even failure. This is why so much time has been taken over the elementary stages of handbalancing.

STEP SEVEN

Variety

You are now in a position to bring a little variety into your balancing practice. Don't be afraid of breaking your feet apart and trying your handstands on firmer ground if a soft rug is handy. Obviously, the harder the surface, the better, but if you are very poor because of softness, in strengthening the fingers and gaining your progress to the perfect handstand.

STEP EIGHT

The Perfect Handstand

Just what does the perfect handstand look like? It would seem that each of the many expert handbalancers hold a different opinion on this. Some insist that it is only perfect when the normal back arch is the imprint of back to how a person would have standing erect is shown in the handstand position. See Figure 4-5. Others prefer a very deep arch on the claim that it looks more graceful. General consensus of opinion is, however, is that the former, with the normal arch and more erect position, is more desirable and accepted as the most perfect stance of the two. It is toward this position that we suggest you plan your practice.

STEP NINE

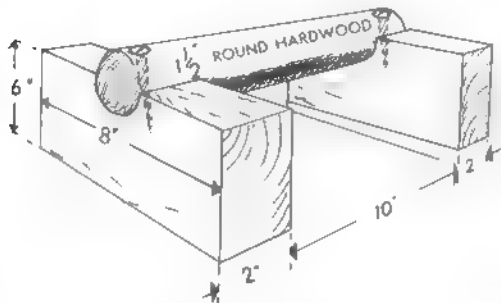
The handstand press-up

Once you have learned the kick up handstand and have mastered fairly well the handstand press up is your next objective. First you are to achieve the handstand on the hands and you will start exercises for steady more strength and control. The handstand press up is performed in the following way. Again, the wall and go to the handstand wall handstand and don't forget that exercise is done in the handstand position. After the handstand is achieved, slowly bring your arms and legs up and reach for the ceiling. Now this movement is not a full handstand. The next stage, just people find it difficult to get their arms up and they are not able to get their legs up. This is not a full handstand. It is a handstand press up. The next stage, just people find it difficult to get their arms up and they are not able to get their legs up. This is not a full handstand. It is a handstand press up. The next stage, just people find it difficult to get their arms up and they are not able to get their legs up. This is not a full handstand. It is a handstand press up. From this position, it is a good idea to keep a light touch on the ground with your feet to achieve success in the next step.

Floor Parallel Bars

Many people learn to do handstands from that they can more easily learn this skill by practicing from the start or who is generally a lower as the floor parallel bars. We are going to show these bars to be made from using the minimum amount of material and thus keeping you costs low. See illustration 6.

Illustration 6 (how to construct floor parallel bars)



MAKE TWO OF THE ABOVE FLOOR PARALLEL BARS.

STEP TEN

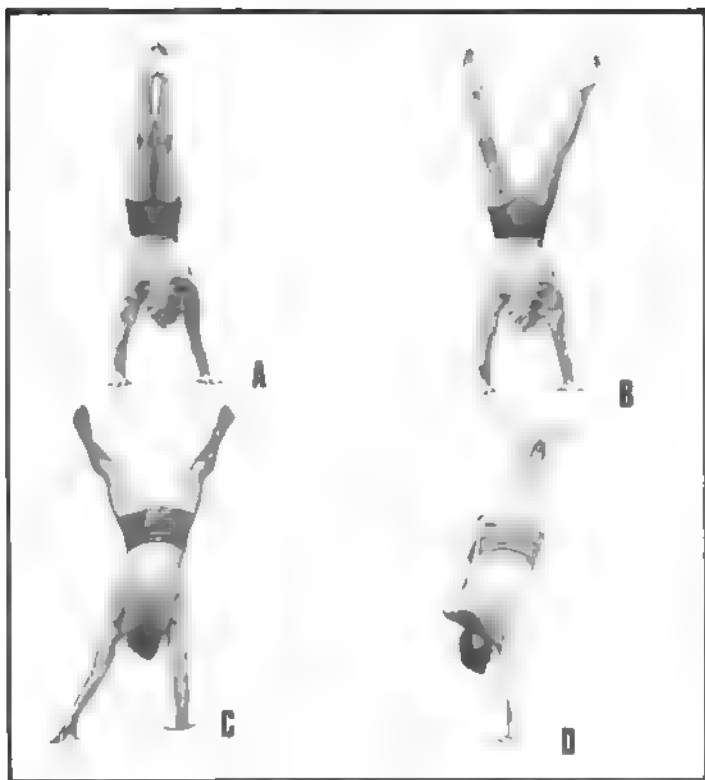
Learning the one handed handstand

Obtaining the estimate

[illegible][illegible]

$\frac{1}{n} \sum_{i=1}^n p_i(x) = \int_0^1 p(x) dx$

Illustration 7 (the final steps)



Difficulties you may encounter

To make this a study to be retained, you must be alert to progress slowly. Master one phase now. Once that you are doing it, then go on to the next. And you can keep working on it until you have mastered the various techniques.

T
P
C
D
one arm handstand





Keep up your enthusiasm, you have no doubt noticed a difference in your physique. You feel better. Right? Train hard this week. The next lesson is the beginning of a new phase, designed to give you utmost strength, fitness and muscle. You will be trained in a series of moves for your defence, to ensure your personal safety at all times.

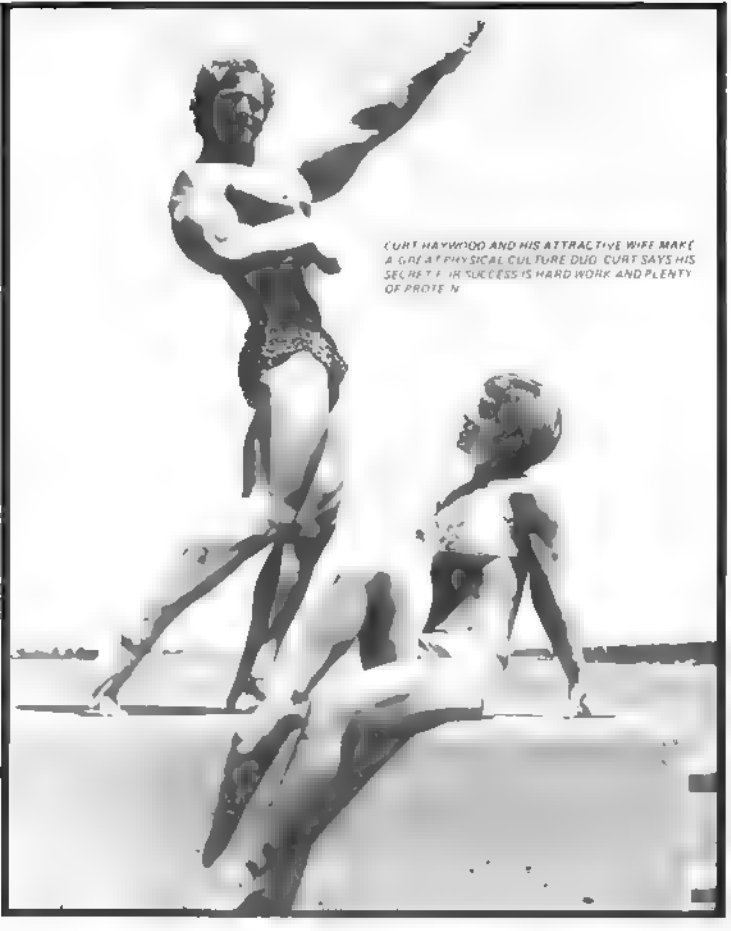
Meanwhile, train diligently and watch those muscles bulge. (over)

HERCULES II

(Apollo - Power - One)



lesson **4**



CURT HAYWOOD AND HIS ATTRACTIVE WIFE MAKE
A GREAT PHYSICAL CULTURE DUO. CURT SAYS HIS
SECRET TO SUCCESS IS HARD WORK AND PLENTY
OF PROTEIN.



MR. NERE FRANZONI, A THE IDEAL
PROFESSIONAL, IS A HIGH FIBER
PHYSIOLOGIST, OF A PROPER TENDON AND
OUTSTANDING MUSCLE DEFINITION

LESSON FOUR

1. This lesson gives you **TWO** of the same exercises scheduled as you did last week, but you will attend to them **TWO** times this week. You will also be given **two** new exercises to do each day.

Here are your two new exercises:

EXERCISE SEVEN

Doorway Pulls

2 x 6

This exercise is designed to help you stretch your back muscles.

1. The usual way to do this is to hold on to the inner handles of a sturdy door as illustrated (a).
2. The art is to pull on the handles so that you stretch the lat muscles (that is, the back muscles).
3. Bend your knees, keep your back and arms straight, and pull on the handles to release the tension in your back muscles (lats). The overall effect of this special movement is to develop the "J" shape of the back. Perform 2 sets of 6 pulls.



ILLUS (a)



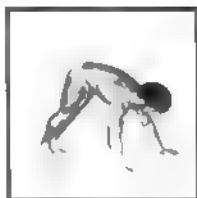
ILLUS (b)

EXERCISE EIGHT

Seated Alternate Leg Kicks

2 x 15

Keeping your legs straight, raise each foot as high as you can (illus. b). While supporting yourself as illustrated on a bench or chair, try and kick each leg higher during each repetition. 2 sets, 15 reps.



4



5

6

It is the responsibility of most of you to protect yourself. Also, you will try to leave your apartment during this week's exercise. Please do not forget.

Follow this instruction. You can do it. You can walk with the confidence of a lion. Be proud. Be sure in yourself of the knowledge that the five Dymō moves can give you the confidence and assurance which is your birthright.

STEP ONE

The Golden Key

The golden key to any successful beginning is a full tune of mind. You must give yourself the one precious thing that we are unable to inject into this course: POSITIVE DETERMINATION THROUGH SELF-MOTIVATION. Tell yourself now, before you begin, that you will become a champion. Fight any Machine and die if you do not follow this instruction. You will never again feel the need of those verbal suggestions that may call you into action.

Remember, you can do it. No move is too difficult.

1. Be alert in your training periods. Do not practice when you are tired or fatigued.
2. Remember these moves as a matter of your self-discipline and work your face up to it.
3. Stand your ground and do not be upset. Stand firm and do not let your opponent get you. You must be a superbly efficient fighter and have the technical ability to prevent power attacks.

STEP TWO

Dymō Hand Conditioning

So that you are in the best of health for this instruction, you must start by getting your hands in the best of health. You must take the advice (and follow it) given by the following: "The hands are the most important thing in the most valuable art of Dymō Karate. It is of the value of a life. It is at our service. You must protect it yourself." Dymō hand conditioning is very roughening the hands, allowing them to be struck at any part of an attacker's body without pain.

The beginner will benefit most from mild conditioning along with daily soaking in a strong solution of salt and water (2 cups of salt per quart of water). Soak for 5 minutes each day. Should need to dry out, the solution can be used repeatedly by adding water only. One week of soaking should be enough. Most beginners, in any event, do not soak for more than two weeks at the most.

Finger Tip Conditioning

To strengthen the tips of your fingers, use ordinary household rice. Place uncooked rice in a metal tin or box up to wrist depth. Drive your hand in wrist deep with your hand stiff and fingers close together and extended. Continue this until you feel your hands are ready for the next step (usually one week. See illustration A.)

Change from rice to sand when you are ready for a more advanced ingredient. Practice session should last from 10 to 15 minutes of continuous training. This final step we advise only to those who are prepared to take hand conditioning to the extreme where this step is necessary. It is not advised for those there may be the odd student who would like to try this advanced step but to treat only as practice if you intend to become a real enthusiast. Change the sand to a fine one made of small smooth grains. Follow through with this step in the same manner as previously illustrated.

Dymo Hand Chop Conditioning

The hand should be positioned about two inches above a source of striking with the five knuckles. The edge of each hand after a blow taking care not to strike with the fingers or wrist bone. See Figure 11B.



Begin striking the surface until a slight numbing is felt. Then rest for a few minutes as you adjust your weight. As your knocking strengthens your hands slowly but surely. Start with a back and forth motion over tender skin.

Having completed this step, move your hand up a further two inches above the surface. The numbing feeling is felt again.

Note: Even though the numbing feeling is felt, continue each step for a period of 5 to 8 minutes each day for five days each week, relaxing on the weekend to allow the hand and skin to rest and recuperate.

Move the striking position of your hand up a further two inches from the table after you have completed step two. Continue moving the striking position of your hand until you can strike seven to eight inches above the surface without undue discomfort or weakening of the hand. The final step in the Dymo Hand Chop conditioning is breathing. To some extent, the way you are breathing at the time of your blow. Breathe deeply when rising your arms, taking your hands. Strike. Force of the blow, your lungs as you smash down on your imagined opponent. When you have reached this stage you can be assured that only men who would be foolish enough to provoke such a blow from you will ever regret it.

Note: Deep breathing in co-ordination with a hand chop puts more power in the blow by continually supplying the muscles with a fresh supply of oxygenated blood. Make a point of always practicing your breathing during training periods.

STEP THREE

Dymo Karate Power Strikes

A penny bit. That strange one is a very old one - one that was feared in the dark alleyways and doorways of old England and more so when the Ghetto district of old London. It is a strange yet vicious and highly effective way of turning any fist into a bullet copper spiked and so far goes the name. With a little down London's poorly lit streets the penny bit was used by gentlemen of the law who would use it to mark their territory and have a little over a week today and others not to at all. The very thought of a little penny bit attack would have been a warning and a little more to the point. It was a little bit of a warning to the toughest of the toughest and so the type was the penny bit's name. A penny bit can be used in street fighting by many and in time London. Beatty

How to do it

1. The first step is to hold the fist in the palm of the hand. The fist is held in the palm of the hand at all times.
2. A second step is to hold the fist in the palm of the hand. The fist is held in the palm of the hand at all times.



ILLUS C

ILLUS D

3. The first must be to hold the fist in the palm of the hand. The fist is held in the palm of the hand at all times.

How it Works

The raised pennies will smash through muscles. Depending on the strength of you know a penny bit can inflict a little damage to the body. And it is a little bit of a warning to the toughest of the toughest and so the type was the penny bit's name. A penny bit can be used in street fighting by many and in time London. Beatty

Elbow Smash

The elbow is your most effective weapon when being assailed from the rear. It has a much greater striking force than the fist. From this angle, disabling you to disable your attacker with one blow. (See Illustration E)



Knee Smash

This is a most effective form of attack and can temporarily disable a foe. Bend your knee and bring up your leg, aiming at the groin of your opponent. This type of attack obviously is reserved for situations when your opponent is at very close range. (See Illustration F)



Heel Stamp

Raise your foot slightly, point the heel away from your body, and thrust your foot forward and strike by stamping the inside of the heel to the groin. Usually the heel is kept at a 45-degree angle, but you may use the heel as indicated by the thickest heel of a karateka's shoe, side-on. With the correct shoe, the effect is devastating.



The Knife Hand

This is formed by holding the hand as in the hand chop position, but with the fingers bent slightly at an angle to the palm. See Illustration H. The knife hand can be used in two ways: both extremely painful. The downward chop is the first, and is shaped by bending the arm at the elbow and swinging it down in a hammer-like motion. Be sure to keep the fingers rigid and close together.

ILLUSTRATION H



The second is the side chop which is formed by slashing or swinging in a semi-circle from the elbow, striking with the edge of the hand. See Illustration I. Both attacks can cause excruciating pain when executed in the correct manner and speed. Both should be practiced against a suitable padded surface, or with either rice or sand as was indicated. Speed is your ally—learn to strike fast.

All movements mentioned above should be practiced daily. The first on sand, the elbow against a soft but firm surface, and the same with the knee and heel. Look around for a suitable practice material or go to it. What you need to develop is speed and accuracy.

STEP FOUR

Dyna Nerve Blows

The following are low devastating nerve blows that you must learn and practice in rapid succession with a friend, and they are second nature to you. Take time off to consider these movements. Say to yourself: "wonder which of the defence types that I have learned would be best to use against this or that person, in this or that position. In a word, become attack and defence conscious."

i) Red Eye

Hold the hand horizontally in the clenched fist form. Strike forward and upward into the corner of the attacker's eye.

ii) Double Finger

Using the index and middle fingers only in the knife hand form, strike outward and upward at the base of the lower eyelid. This is to be used only as a last resort as it is quite easy to blind or even to shatter the eye by using this drastic measure. See Illustration J.

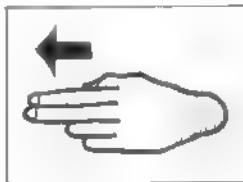
iii) Flat Hand Nose Crush

Smash straight power is into under part of nose with butt of hand. (See Illustration K).

ILLUS. I



ILLUS. J



ILLUS. K

(iv) Killer Throat Crush

Smash straight to the adam's apple using a penny-soft clenched fist technique (if there is time). This will temporarily cut off your opponent's air, causing him to gag, allowing you the choice of either breaking off your attack or finishing him off (see 'LUS. 4').

LUS. 4



Note: Excessive use of alcohol, tobacco and most certainly drugs will contribute to your lack of energy when the need to exert yourself arises. Smoking not only contributes to heart disease, lung, throat and mouth cancer, but it also starves the system of oxygen and poisons the life-giving blood to the extent of retarding normal growth. If you feel that you must either drink or smoke, do try to moderate your habits. Ideally, it would be much better to stop.

Street Fighting Stance

Experience has taught us that the best possible fighting stance to adopt and use when there is no chance of danger till when our aggressiveness has begun is one which shows no hostility yet prepares you for action if required.

The position should be as follows. The body should be relaxed yet ready for action. You should be facing the opponent with feet shoulder width apart, one foot slightly ahead of the other. Which foot is in front will depend on which is your striking hand. Your knees should be slightly bent, weight evenly placed, ears up and eyes on opponent's chest. In this way it is possible to detect any movement from either the opponent's arms or legs. A confident appearance is most important as often this causes the attacker to back down.

STEP FIVE

The Five Movements of Dymo Killer Karate

When you have undergone the hand conditioning, and gained both speed and strength from the exercises you are ready for the most important step of all: the five specially designed moves for your personal defence of Dymo Killer Karate. The way in which they will be written out, or you ease of understanding, is as follows:

- the type of attack you are most likely to encounter,
- the Dymo counter movements themselves.

DYMO MOVEMENT ONE

Standing Face to Face

How does trouble start? It usually begins in one of two ways:

- It evolves through acquiescence and is therefore predictable.
- It is premeditatedly and/or planned to take you by surprise!

The first form of attack is usually the easier to deal with by virtue of the fact that you and the aggressor will know after the fact, be standing facing one another. So, if you ever really wish to know, this is what you must and must not do. In the belief that one should not refer to one's own weaknesses, it is inevitable, if unavoidable, that because I have many years of what most might call "experience" in "fighting", the first rule must be: when at all possible, remain calm, not panic, adjust the fighting stance to suit the situation. Do keep your hands by your sides and let all the aggressive act or come from your opponent. If other words, keep away from trouble, whenever you consider it possible. If the thing then continues to flare, and one's own hands are you, then it's time for you to act. There are again, usually two ways: when a man will physically try to intimidate another he believes to be weaker than himself:

- He will point and stab at him with an outstretched finger or
- He will grab at the lapels of his jacket or a handful of sweater.

Counter

Let your opponent get as close to you as possible, the nearer the better. Choose your time and then strike:

- Step quickly forward on your left leg so that the front of your right shoulder is about in the front of his right shoulder. Any outstretched or outstretched stab or finger will be swept aside by your body as you step forward because as with every movement in this course yours must be quick, powerful, determined and efficient.
- Kick as if kicking a ball with toes pointed, with your right leg so that your leg swings up inside and past the right leg of your adversary. At the same time grab his left lapel or shoulder with your right hand. If he is pointing, then grab as far up his right arm as possible with your left hand. Nine out of ten men stalling with a pointed finger while abusing another, are likely to be using their right hand. So did he not he pointing, grab his shoulder.

c) The final movement is to sweep downward and outward with your right leg, sweeping down as hard and quickly as you can from the highest point of your upward kick. Your leg must strike your opponent's leg or legs either at his knee height or just above. Practice with each you completing this whole movement in less than a second. This action of sweeping away a man's legs is one quick movement which itself put a man on his back. But there is one last extra touch that will if done correctly completely dispense with your having to bother about what is going on to his occiput and unless he's a fool on any other occasion. At the exact moment when your leg makes contact with his, twist as hard as you can with your left hand and push a twisting movement inwards as you fall with your right. This vicious twisting movement is you. An excellent opportunity to your opponent the amount of time you have spent at it only. The back of your opponent's head will then strike the ground hard if you can. See illustration M.

Don't then ever be tempted to practice this movement with a friend at full speed, through fear of hurting him. Your accuracy and skill will develop just as well in fact better if you go through each movement slowly and think of what you are doing. Remember these Dymo moves have been carefully selected for their devastating effect and suitability of application from the many hundreds of moves that are possible. Practice this movement until it becomes second nature to you and then, should you be forced to use it, you can be confident that it will be 100% successful every time.

ILLUSTRATION M



DYMO MOVEMENT TWO

Attack From Rear

The most common form of premeditated attack is obviously enough from the rear. Or could almost imagine the form of attack being a robbery of the car as described above. You having kept calm and so you thought subvert the thug, have to now walk away only to be assailed in return. The thug's intention is to make his position the one of advantage. Your job is to disarm him. There are two ways that you may be approached from behind.

- (a) By running attack
- (b) By quiet surprise

Of course any man who is fool enough to herald his approach by running at his intended prey would not enjoy the tactical advantage of surprise. On hearing the sound of running feet any man would be bound to ace the onslaught. Therefore we must assume that with the exception of a follow up of a stealthy danger after a quiet retreat attacks from the rear would be of the surprise type.

There is no way that it can be said that a man will grab and hold another from behind many factors must be considered, the respective height of the men concerned being not the least. It is experienced in these matters have helped us to arrive at the fact that attacks from the rear can be divided into the following categories:

1. neck holds - 46%
2. shoulder holds - 22%
3. hair pulling - 16%
4. waist holds - 8%
5. others - 8%

Neck and Throat Lock - 46%

This is the most dangerous to deal with and the one where a solution must be found QUICKLY because it will restrict your air supply. Air of course is absolutely essential at all times but if you are called upon to fight then you must have lots and lots of it. This question of air supply and its effects on the body is of utmost importance and when understood by you, can be of immeasurable value when dealing with a thug. You must be realized that it is very hard to stop someone who is intent on murderously attacking you. By that is meant an attack from an insane psychopath. To deal with a drunk or a half hearted punch from the man upstairs or an attack by a frightened teenager is one thing. But unfortunately the fact is that many leaders may well be faced with an aggressor of a much different calibre.

This being so we must digress for a moment here to consider fighting and the nature of man in general. There are basically two types of minds behind the fighters:

- a. those who are natural born fighters, and
- b. those whose nature is not violent yet who find themselves forced into action for one reason or another and so basically are out of character doing so.

There is a third group but only one thing in hundreds thankfully can be placed into it. This group - the psychopathic group - is very small.

It is human nature for a normal man to subconsciously know fairly accurately how much damage to himself he is prepared to suffer before he withdraws from any combat. There are very few without fear of personal injury. The real difference is between positive and negative attitude in fighting. Mr. Positive intent on hurting the other. Mr. Negative concerned only with how much he is getting hurt. So the ways in which to stop a man while fighting depends also on the type of man and the extent of his positive or negative attitude.

- a) to break his limbs so that his body cannot function.
- b) to knock the air out of his chest and starve him of more air
- c) to render a state of flow on the nervous system of the victim's body in order to cause a nervous illness

Let us return to the attack from the rear by a neck hold

Counter

He next attacked the foot of your opponent's army, thereby relieving you of the pressure of your rear. Do not bend to the will of your opponent, but drag him to a spot of your choice for battle. Use his weakness to your advantage. As a strong army of 100,000 men will surely drag you to the ground, consolidating his advantage.

Grab the other legging around the wrist and elbow, keeping it with one hand and the right wrist in the other. Jerk downward to release the hair. As you jerk, bend your knees and flick your legs down straight away from you at the same time, turning forward to your opponent. See Illustration N.

[illegible]

IL_LUS_N

But what if she has either two arms around you or she has a firm grip on your collar and she wants to see you must quickly decide which of the following alternatives to employ. So, for what will? Remember your air supply.

- a. If his head is on a level with yours, then reach back and try to get one hand behind his neck. If you are lucky in this, get your other hand over his mouth. A sure fire way of securing your release.
- b. Smash as hard as you possibly can with your elbow into one or more of the nerve centers of his upper body.
- c. While hanging onto his arm, kick with all your force into his knee and shin. Scrape down his shin, stamp on his instep. Only when his hands are loosened from your neck or his grip on your hair is released, can you then duck down and effect the original movement.

The above moves can be applied to a waist hold.

Attack from the Rear with a Strangle Hold

Counter

Grab a finger, preferably the little finger, with each hand and jerk hard to break his grip. After breaking up the grip, take care of maintaining your hold on the finger. Continue with vigorous knee and elbow smashing.

DYMO MOVEMENT THREE

Attack from the Front with Club or Fist

- a. Attacker aims to land a downward head blow with club (fist)

Counter

Block his incoming with your up. Tweak the angle of the blow. When he swings forward as you block, a blow that is not a full body blow, merely a blow with one or one of the upper arm and if you attack. The upper palm technique is most effective in this situation. (see page 10 for details on fist and P)

- b. Attacker postures as innocently, but this time attack with a downward club (fist or club)

Counter

Slap club or fist away with forearm. Deliver butt of hand blow to facial areas to throw attacker. Balance. Follow-up with attack as above.

Note: In the case of a club, you must make your first move as high up on the attacking arm as possible so as to avoid connecting with the club. The reason for this is obvious.

DYMO MOVEMENT FOUR

Attack from Three Quarter Angles

Instead of playing the role of the victim, you must assume the initiative. A wary, ready, stark naked self. You know when you are in trouble. On the street alone, etc. be alert for sights and sounds and movements to which you should respond with readiness to defend, rather than in a panic of helplessness. With an attack from the side it can usually be dealt as the attack from the rear, or run by turning your own body with one exception, a running attack which is intended to bring you down.

Counter

Don't wait for your assailant to touch or grab you. In this case you must make the first move. If you are certain that he intends to attack, two actions—done simultaneously at a running attacking manner—immediately dissuade a man who expects a helpless prey.

- Thrust your hand open upwards toward his face and kick out at his lower legs or knees. (See Illustration Q) If the timing of your crawling hand is right, your attacker will be unable to avoid running into it. The upward motion of the hand is then changed to a downward motion as you tear the tips of your fingers and nails down across the eyelids (see Illustration O) tearing the lower lids and even the eyes.
- Immediately follow this attack with an open palm spread finger walk to the side of his face with your other hand. On impact, form your hand into a claw and with a claw at motion, grab the side of his face. (See Illustration P)



ILLUS Q

ILLUS P



ILLUS O



Don't use this type of attack unless you really need to. If your attacker is still moving forward and neither is falling forward, it's possible to tear a large portion of his face away.

In the event of your first open hand aimed at his eyes being blocked by his instinctive reaching up to protect his face, either deliver a punch to his body or side step to vigorously kick him above the knees, bringing him down. (See Illustration Q) Another useful weapon against a running man is a powerful, well-placed knee hand swing to the throat. If a man is running on to such a blow, then I will finish him for fighting altogether.

Finally, always set your body in readiness to receive a running attack. Strange as it may seem, you are in a better position of advantage than the attacker.

given the chance, don't miss the opportunity of helping your adversary on his way by grabbing his outstretched arm (should there be one) and placing your leg in front of his as he runs. This would necessitate you sidestepping in the last minute. By putting his arm as you tie him, you could effect a very heavy face fall which would give you the chance of delivering suitable kicks to his body and vital nerve centres.

(Re Charts)

THE FIFTH AND FINAL DYNAMOMOVEMENT

This is the counter to a knife attack. A thought of course, such an attack is very dangerous & a tool as are knives as many will like to make out. It is because of the danger we have in such attacks in members of the community that he at this feels that it should be included in the exercise.

Knife Attack One Forward Lunge

Counter

When aggressor attacks rear of the side of the head between a shoulder and a hip at the back of your opponent's head, you can grab his leg to steady yourself and use your weight to pull him back and make him fall. If you are not sure you can do this, you can use your hands to pull the aggressor's head away from your opponent's head. If you are not sure you can do this, you can use your hands to pull the aggressor's head away from your opponent's head.

Remember always attack by force. Always have the conviction to be victorious although it may well be a total victory against you. Remember one good blow can save a dozen weak ones.

Knife Attack Two

Short Rapid Lunges in Successive Motion

Counter

Direct action in the most devastating way possible. Just how best to do this takes a little thought. It is most important that you do not underestimate the value of technology that is the most powerful tool available concerning the attacker. There are someone's wife and an entire family who are suffering right and pain behind you. Of course, the air force is so close to us as you are, it is a tragedy that we must do it. All we can do for you. You need only a fraction of that time to do it. It is a tragedy, you see. We have these ways of thinking the other way. It is the way about that you may have seen a



The most available supply of small items that you could throw at your opponent can be found in your pocket. So, decide the best way of diverting attention and then do it. If there is not a way worth risking, then wait for your opportunity. To have your money demanded from your pocket is of course an ideal opportunity to find an object to throw. Be clever, outwit the thug. A classic case that was told of during a waffle by a clever thief is one which involved a gentleman whose honesty is questionable. He was held up at the top of a fairly busy heavily built main street while walking home late evening. When asked to hand over all his money, the man wracked his brain for a method of escape that there was none. So, he got a flash of an idea. He winked, said then again they would have picked the thing out of his pocket with a stick. They did not say anything about that either. Then the man winked at his target while putting a stick of toilet paper in his shirt pocket and then said to the thing, "My heart, my heart. You do it, please! my heart is split. He winked at his pursuers to begin making strange noises at his throat. It worked first, but he never did find out how hard the thing is to find and for this he later lost it and a dollar, so he gave it to his pursuers. He gave them over \$50.00 and possible injury.

It can be learned from this, that to fight is not always the only action open to one when attacked. Defense has its place, learn our five especially prepared Dyma moves, but always remember, use your head as well as your body when outwitted by the odds of a knife or gun.

To return then to our attack with a knife, divert the attention in one of the following ways: Jump up and down or throw a small object. With a semicircular kick (which we keep your body out of range). See Illustration R. Smash hand or arm with shoe. Quickly to bow with full brow kicks to the lower part of the body and legs. No man can give pursuit with badly bruised legs.

In conclusion, these following points must be stressed. Only attempt a defence against a knife or gun if the only alternative or self defence would be serious or fatal injury. Do not attempt to grapple with a knife or knife arm. Keep your head and upper body as far away from the weapon as possible where there is space, always lean out of the way of a tack and adopt the kick knee method of defence. Always try to kick, call it a "miss out to attack" a high degree of fighting ability with out conscientious advice. Follow all of the steps rationally and do not attempt to run before you can walk.

The first thing you must do is to control your hands while raising the general standards of your golf and align them with the outside line of the feet. If you do this, the great advantage is you will be able to do it without any more trouble. You are at the various movements of the course, even if it means that you must confide in him and let him in on your secret.

Speed up your body as your Jymc defence moves are second nature and can be performed in a split second. Remember the faster the move the greater the element of surprise. But remember also that surprise is quick to fade.

Finally, remember that after you have mastered the five Dyma Karate Karate moves, it's a B/C stick. Carry it softly and best of luck!



THE FANTASTIC BACK
OF MR. UNIVERSE
PAUL WYSTER

.....

The next Hercules Lesson will be devoted to further size increase of your bodybulk. We are also going to include a complete watch-outting plan for those of you who are carrying an abdominal problem. This advice is invaluable even to those who presently have no aches, because Lesson #14 will give you the secrets of "wasting" a firm waistline for the rest of your life. Join next week's **HERCULES TRAINING**!

THE KATA'S SUPERIOR BODY DOGMA

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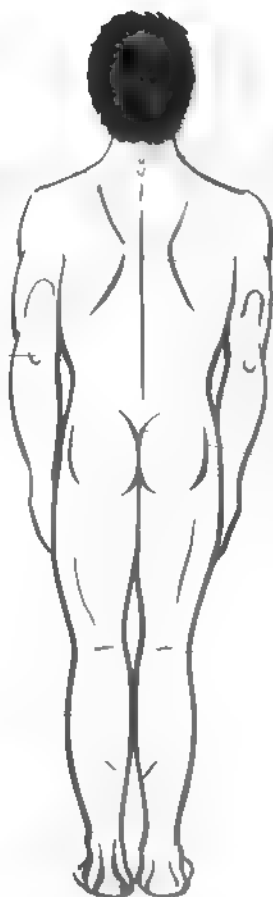
THE KATA'S

THE KATA'S

Figure 1

Figure 2

Figure 3



HERCULES II

(Apollo - Power - One)



lesson

5

LESSON FIVE

By now you should really be on your way to getting stronger and more massively developed. Here are a few questions that fellows have forwarded to this office from time to time. The answers are provided by us.

Q. What happens when I quit? Will I turn to fat or die young?

A. It is ridiculous. May seem this is an age old question which crops up from time to time. Our answer is that you will not turn to fat. You will certainly not die. But realistically, the only fat which is stored is the fat which is not used. The fact is that you are already expending far more energy than you are taking in. You are already well into the weight which you need to maintain. But you have never known anyone to COMPLAIN about losing fat. For the only standard for strength is the training. Of course if you consistently quit at a low level of training, you may naturally gain weight in the form of fat. The answer is that the matter is your training habits. As for dying young, there is every indication that a person who quits after the first weeks with a program system of exercise and nutrition is more likely to die.

Q. Can one be too old for exercise?

A. Provided you are in normal health, one is never too old to exercise. Naturally, if you are really pushing the years, then you will expect to feel like a young man. Generally speaking every normal person regardless of age can benefit enormously from sensible exercise.

Q. What is the maximum weight gain a normal fellow can make each day?

A. Actually we have known one man who could easily gain up to eight pounds a day. But we adjust this to a practicality. We feel that if a student follows our recommendations to the letter, he should gain 5 to 7 pounds a week. Even the gaining of a pound a day will show up to less. Remember a gain of a pound a day leads to an overall bodyweight gain of 365 pounds a year. A net weight gain of just one pound a week or giving you have 52 pounds that you gain a year. The major thing to make sure that you are actually gaining. If your weight is not going up, that means yes, it is as it seems that.

Q. What are the benefits of vigorous exercise on a normal man?

A. A person who follows a program of physical exercise feels better, enjoys more weight and endurance. Changes are your heart and is stronger, your circulation is more superior, your body is more youthful, your sex vitality will be increased with the added self confidence. You will become a more powerful man. Most important, you will know where the fact that a firm, well rounded body looks good. Maybe TERRIFY! Don't let anyone knock healthy exercise.

This Week's Schedule

Your schedule for this week is identical to that of the previous two weeks. The only difference is you will perform each exercise **twice** during each week session.



1



2



3



6



7



8

Even though the repetitions are the same as last week, you will perform each exercise **twice** during each week session. By doing this you will be able to build up your muscle mass and keep your energy level high.



Was there ever a Physique like Steve Reeves. He did not look like a conventional man, he was a hero. However, even though he was not quite the Hercules of old, we are still using this photograph as the symbol of the physical perfection of the 20's and 30's.

Don't be fooled by the 10 different ads you see for reducing fat on the web. The more it seems possible which can safely take off fatty tissue. There are no special fat-burning foods or Miracle Diets. Attack the problem sensibly: simply exercise regularly and reduce those fattening foods a little more each week. Keep an eye on your progress by weighing yourself from time to time — as simple as that. We do want to help you — but it's an impossible task to recommend every calorie you must. We simply want you to reduce the fattening meals and snacks you have eaten. Consume more or high-protein foods and regular healthy exercise.

Here are a Few Tips for This Person We Want to Lose Weight

1. Don't oversleep. Eight hours is about enough.
2. Keep on the move, especially after meals.
Walk regularly.
4. Don't worry about hunger pains. They are usually a sign that you are not getting enough food intake. They will go away (and so will your flab).
5. Be realistic about what you eat. Don't take a snack or carbohydrate that is entirely verboten on a strict diet.
6. Gradually eat down your intake a little more each week.
Take care over your posture. Walk and stand erect.
8. Don't expect miraculous results.
9. You are exercising — keep going every week. Loss will slow at first, but it will come in time.
10. Eat slowly. Cut out your liquid intake — take a look at that.
11. Promise you won't become a life-depressed. It will pass.
2. Diet cola before meals can lessen your appetite.

Whereas we do not advise that you try and count every calorie, we are listing some foods and the calorie content to give you an idea of which foods to avoid. Remember, the fewer calories you eat, the more flabby weight you will lose.

Next week we talk about hair health. Whether you have a tendency to lose hair or not, the advice in this next lesson (No. 6) can help you give your hair all the help possible.

We will also be giving you more muscle-building tuition which will take you to the halfway mark in this course. Included also will be the full facts about protein supplements as an aid to your bodybuilding efforts.



ROBERT NAYLOR

YOUR CALORIE COUNTER

Food Counts in Normal Portions (as calculated by the U.S. Department of Agriculture)

Values for Cooked Vegetables are Without Added Fat

MILK AND MILK PRODUCTS:

Buttermilk, from skimmed milk, 1 cup	85
Milk, cow	
Fluid, whole, 1 cup	165
Fluid nonfat (skimmed), 1 cup	85
Evaporated (undiluted), 1 cup	345
Condensed (undiluted), 1 cup	980
Dry, whole, 1 tablespoon	40
Dry, nonfat solids, 1 tablespoon	30
Cheese, 1 ounce:	
Cheddar (1 in. cube)	115
Cheddar, processed	105
Cheese foods, Cheddar	90
Cottage, from skimmed milk	25
Cream	105
Swiss	105
Cream 1 tablespoon:	
Light	30
Heavy	50
Beverages, 1 cup	
Chocolate (all milk)	240
Cocoa (all milk)	235
Chocolate flavored milk	185
Malted milk	280

Desserts

Blanc mange, 1 cup	275
Custard, baked, 1 cup	285
Custard pudding, canned, strained, (infant food), 1 ounce	30
Ice cream, plain	
1/7 of quart brick	165
8 fluid ounces	295

FATS, OILS, RELATED PRODUCTS.

Bacon, medium fat, broiled or fried, 2 slices	95
Butter, 1 tablespoon	100
Fats, cooking (vegetable fats)	
1 cup	1770
1 tablespoon	110
Lard, 1 tablespoon	125
Margarine, 1 tablespoon	100
Oils, salad or cooking, 1 tablespoon	125
Salad dressings, 1 tablespoon.	
French	80
Home-cooked	30
Mayonnaise	90

EGGS:**Eggs, raw, medium:**

1 whole	75
1 white	15
1 yolk	60
Eggs, dried, whole, 1 cup	640

MEAT, POULTRY, FISH

Beef, 3 ounces, without bone, cooked:	
Chuck	265
Hamburger	315
Sirloin	265
Beef, canned	
Corned beef, medium fat, 3 ounces	180
Corned beef hash, 3 ounces	120
Strained (infant food), 1 ounce	30
Beef, dried, 2 ounces	115
Beef and vegetable stew, 1 cup	250
Chicken, canned, boned, 3 ounces	170
Chili con carne, canned (without beans) 1/3	170
Clams, raw, meat only, 4 ounces	90
Cod, dried, 1 ounce	105
Crab meat, canned or cooked, 3 ounces	90
Flounder, raw, 4 ounces	80
Haddock, fried, 1 fillet (4 x 3 x 1/2 in.)	160
Halibut, broiled, 1 steak (4 x 3 x 1/2 in.)	230
Heart, beef, raw, 3 ounces	90
Kidneys, beef, raw, 3 ounces	120
Lamb, leg roast, cooked, 3 ounces	230
Lamb, canned, strained (infant food), 1 ounce	30
Liver, beef, fried, 2 ounces	120
Liver, canned, strained (infant food) 1 ounce	30
Mackerel, canned, solids and liquid, 3 ounces	155
Oysters, meat only, raw, 1 cup (13-19 medium size oysters, selects)	200
Oyster stew, 1 cup with 6-8 oysters	245

Pork loin or chops, cooked 3 ounces without bone	285
Pork, cured ham, cooked, 3 ounces without bone	340
Pork luncheon meat, canned, spiced 2 ounces	165
Salmon, canned, pink, 3 ounces	120
Sardines, canned in oil, drained solids, 3 ounces	180
Sausage	
Bologna, 1 piece (1 x 1½ in. diam.)	465
Frankfurter, 1 cooked	125
Pork, bulk, canned, 4 ounces	340
Scallops, raw, 4 ounces	90
Shad, raw, 4 ounces	190
Shrimp, canned, meat only, 3 ounces	110
Soups, canned, ready to serve	
Beef, 1 cup	100
Chicken, 1 cup	75
Chicken, strained (infant food), 1 ounce	15
Clam chowder, 1 cup	85
Tongue, beef, raw, 4 ounces	235
Tuna fish, drained solids, 3 ounces	170
Veal cutlet, cooked, 3 ounces without bone	185

MATURE BEANS AND PEAS, NUTS

Almonds, shelled, unblanched, 1 cup	850
Beans, canned or cooked, 1 cup	
Red Kidney	230
Navy or other varieties with	
Pork and tomato sauce	295
Pork and molasses	325
Beans, lima, dry, 1 cup	610

Brazil nuts, shelled, 1 cup	906
Coconut, dried shredded (sweetened), 1 cup	345
Cowpeas, dry, 1 cup	685
Peanuts, roasted, shelled, 1 cup	805
Peanut butter, 1 tablespoon	90
Peas, split, dry, 1 cup	690
Pecans, 1 cup, halves	750
Soybeans, dry, 1 cup	695
Walnuts, English, 1 cup, halves	655

VEGETABLES.

Asparagus.

Cooked, 1 cup spears	35
Canned, green, 6 spears, medium size	20
Canned, bleached, 6 spears, medium size	20

Beans, lima, immature, cooked, 1 cup	150
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Beans, snap, green, cooked, 1 cup	25
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Beets, cooked, diced, 1 cup	70
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Broccoli, cooked, flower stalks, 1 cup	45
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Brussels sprouts, cooked, 1 cup	60
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Cabbage, 1 cup

Raw, shredded	25
Cooked	40

Carrots.

Raw, grated, 1 cup	45
Cooked, diced, 1 cup	45
Canned, strained (infant food), 1 oz.	10

Cauliflower, cooked, flower buds, 1 cup	30
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Celery 1 cup	
Raw, diced	20
Cooked, diced	25
Collards, cooked, 1 cup	75
Corn, sweet	
Cooked, 1 ear (5 in. long)	85
Canned, solids and liquid, 1 cup	170
Cowpeas, immature seed, cooked, 1 cup	150
Cucumbers, raw, 6 slices (1/8 in. thick, center section)	5
Dandelion greens, cooked, 1 cup	80
Endive, raw, 1 pound	90
Kale, cooked, 1 cup	46
Lettuce, head, raw 2 large or 4 small leaves	5
Mushrooms, canned, solids and liquid, 1 cup	30
Mustard greens, cooked, 1 cup	30
Okra, cooked, 8 pods (3 in. long, 5/8 in. diam.)	30
Onion, raw	
Mature, 1 onion (2½ in. diam.)	50
Young green, 6 small onions without tops	25
Parsnips, cooked, 1 cup	95
Peas, green	
Cooked, 1 cup	110
Canned, strained (infant food), 1 ounce	15
Peppers, green, raw, 1 medium	15
Potatoes	
Baked, 1 medium (2½ in. diam.)	95
Boiled in skin, 1 medium (2½ in. diam.)	120
Boiled, after peeling, 1 medium (2½ in. diam.)	106
French fried, 8 pieces (2 x ½ x ¼ in.)	166
Potato Chips, 10 medium (2 in. diam.)	110

Pumpkin, canned, 1 cup	75
Radishes, raw, 4 small	5
Rutabagas, cooked, cubed or sliced, 1 cup	50
Soybean sprouts, raw, 1 cup	50
Spinach	
Cooked, 1 cup	45
Canned, strained (infant food), 1 ounce	5
Squash	
Summer, cooked, diced, 1 cup	35
Winter, baked, mashed, 1 cup	95
Winter, canned, strained (infant food), 1 ounce	10
Sweet potatoes, peeled, 1 sweet potato	
Baked (5 x 2 in.)	185
Boiled (5 x 2½ in.)	250
Tomatoes	
Raw, 1 medium (about 2½ in. diam.)	30
Canned or Cooked, 1 cup	45
Tomato juice, canned, 1 cup	50
Turnips, cooked, diced, 1 cup	40
Turnips, cooked, 1 cup	45
Vegetables, mixed, canned, strained (infant food), 1 ounce	10

FRUITS

Apples, raw, 1 medium (2½ in. diam.)	75
Apple juice, fresh or canned, 1 cup	125
Apple Betty, 1 cup	345
Applesauce, canned, sweetened, 1 cup	185
Apricots	
Raw, 3 apricots	55
Canned in syrup, 4 medium halves & 3 tablespoons syrup	95

Apricots (cont'd)	
Canned strained (infant food) 1 ounce	15
Dried, cooked unsweetened fruit & liquid, 1 cup	240
Avocados raw, peeled fruit ($3\frac{1}{2}$ x $3\frac{1}{4}$ in.)	280
Bananas, raw, 1 medium (6 x $1\frac{1}{2}$ in.)	90
Blackberries, raw, 1 cup	80
Blueberries, raw, 1 cup	85
Cantaloupes, raw, $\frac{1}{2}$ melon (5 in. diam.)	35
Cherries, 1 cup, pitted	
Raw	65
Canned, red, sour	120
Cranberry sauce sweetened 1 cup	550
Dates 'fresh' and dried pitted and cut, 1 cup	505
Figs, raw, 3 small ($1\frac{1}{2}$ in. diam.)	90
Figs, dried, 1 large (2 x 1 in.)	65
Fruit cocktail canned solids and liquid 1 cup	180
Grapefruit, raw, 1 cup sections	75
Grapefruit juice	
Canned, unsweetened, 1 cup	90
Frozen concentrate, 6 ounce can	295
Grapes, 1 cup	
American type (slip skin)	85
European type (adherent skin)	100
Grape juice, bottled, 1 cup	170
Lemon juice, fresh, 1 cup	60
Lime juice, fresh, 1 cup	60
Oranges, 1 medium (3 in. diam.)	70
Orange juice	
Fresh, 1 cup	110
Canned, unsweetened, 1 cup	110
Frozen concentrate, 6 ounce can	300

Papayas, raw, cubed, 1 cup	70
Peaches	
Raw, 1 medium (2½ x 2 in. diam.)	45
Canned, strained (infant food), 1 ounce	15
Canned, in syrup, solids and liquid, 1 cup	175
Dried cooked unsweetened 1 cup (10–12 halves and 6 tablespoons liquid)	225
Pears	
Raw, 1 pear (3 x 2½ in. diam.)	95
Canned, in syrup, 2 medium size halves and 2 tablespoons syrup	80
Canned, strained (infant food), 1 ounce	15
Persimmons, Japanese, raw, seedless kind, 1 persimmon (2½ in. diam.)	■
Pineapple:	
Raw, diced, 1 cup	75
Canned, in syrup, 2 small or 1 large slice and 2 tablespoons juice	95
Pineapple juice, canned, 1 cup	120
Plums, raw, 1 plum (2 in. diam.)	30
Prunes, cooked, unsweetened, 1 cup (16–18 prunes and 1/3 cup liquid)	310
Prune juice, canned, 1 cup	170
Raisins, dried, 1 cup	430
Raspberries, red, raw, 1 cup	70
Rhubarb, cooked with sugar, 1 cup	385
Strawberries	
Raw, 1 cup	55
Frozen, 3 ounces	90
Tangerines, 1 medium (2½ in. diam.)	35
Tangerine juice, canned, 1 cup	95
Watermelons, ½ slice (3/4 x 10 in.)	45

GRAIN PRODUCTS.

Barley, pearled, light, dry, 1 cup	710
Biscuits, baking powder, enriched flour, 1 biscuit (2½ in. diam.)	130
Bran Flakes, 1 cup	115
Breads, 1 slice	
Boston brown, unenriched	105
Rye	55
White unenriched 4 per cent nonfat milk solids	65
White enriched 4 per cent nonfat milk solids	65
White enriched 6 per cent nonfat milk solids	65
Whole Wheat	55
Cakes	
Angel food 1 in. sector (1/12 of cake 8 in. diam.)	110
Doughnuts, cake type, 1 doughnut	135
Foundation, 1 square (3 x 2 x 1½ in.)	230
Foundation, plain icing, 2 in. sector, layer cake (1/16 of cake, 10 in. diam.)	410
Fruit cake, dark, 1 piece (2 x 2 x ½ in.)	105
Gingerbread, 1 piece (1 x 2 x 2 in.)	180
Plain cake and cupcakes 1 cupcake 2 x in. diam.	130
Sponge, 2 in. sector (1/12 of cake, 8 in. diam.)	115
Cereal foods, dry, precooked (infant food) 1 ounce	105
Cookies, plain and assorted, 1, 3 in. cookie	110
Corn bread or muffins made with enriched, degermed corn meal, 1 muffin (2½ in. diam.)	105
Corn Flakes, 1 cup	95
Corn Grits, degenerated, cooked, 1 cup.	
Unenriched	120
Enriched	120

Crackers	
Graham, 4 small or 2 medium	55
Soda, plain, 2 crackers (2½ in. diam.)	45
Farina, enriched, cooked, 1 cup	105
Macaroni, cooked, 1 cup:	
Unenriched	210
Enriched	210
Muffins, made with enriched flour, 1 muffin 2½ in. diam.	135
Noodles, containing egg, unenriched, cooked, 1 cup	105
Oatmeal or rolled oats	
Cooked, 1 cup	150
Precooked (infant food), dry, 1 oz	105
Pancakes, baked wheat, with enriched flour 1 cake (4 in. diam.)	60
Pies, 4 inch sector (9 in. diam.)	
Apple	330
Custard	265
Lemon meringue	300
Mince	340
Pumpkin	265
Pretzels, 5 small sticks	20
Rice, cooked, 1 cup	
Converted	205
White or milled	200
Rice, puffed, 1 cup	55
Rolls, plain, enriched, 1 roll (12 per pound)	120
Spaghetti, unenriched, cooked, 1 cup	220
Waffles, baked, with enriched flour, 1 waffle (4¼ x 5 5/8 x ½ in.)	215

Wheat flours	
Whole, 1 cup stirred	400
All purpose or family flour	
Unenriched, 1 cup sifted	400
Enriched, 1 cup sifted	400
Wheat germ, 1 cup stirred	245
Wheat, shredded, 1 large biscuit, 1 oz.	100

SUGARS, SWEETS

Candy, 1 ounce	
Caramels	120
Chocolate, sweetened, milk	145
Fudge, plain	115
Hard	110
Marshmallows	90
Chocolate syrup, 1 tablespoon	40
Honey, strained or extracted, 1 tablespoon	60
Jams, marmalades, preserves, 1 tablespoon	55
Molasses, cane, 1 tablespoon	
Light	50
Blackstrap	45
Syrup, table blends, 1 tablespoon	55
Sugar, 1 tablespoon	
Granulated, cane or beet	50
Brown	50

MISCELLANEOUS

Beverages, carbonated, cola type, 1 cup	105
Bouillon cubes, 1 cube	2
Chocolate, unsweetened, 1 ounce	140
Gelatin dessert, plain, ready-to-serve, 1 cup	155

Olives, pickled "mammoth" size, 10 olives.	
Green	70
Ripe Mission variety	105
Pickles	
Dill cucumber, 1 large (4 in. long)	15
Sweet cucumber or mixed, 1 pickle (2 1/4 in. long)	20
Sherbet, 1/2 cup	120
Vinegar, 1 tablespoon	2
White sauce, medium, 1 cup	430
Yeast	
Compressed baker's, 1 ounce	25
Dried brewer's, 1 tablespoon	20



HERCULES II

(Apollo - Power - One)



lesson

6

LESSON SIX

Tris is the halfway mark. You should now start to accelerate the pace at which you workout. (be careful speaking, the more training you can do in a short space of time the more you must sweat & grow. Most of the time you will find your three a week workouts take about 15 minutes. If they are taking much longer then you are training too slowly. Speed up!)

This week we will add just one exercise

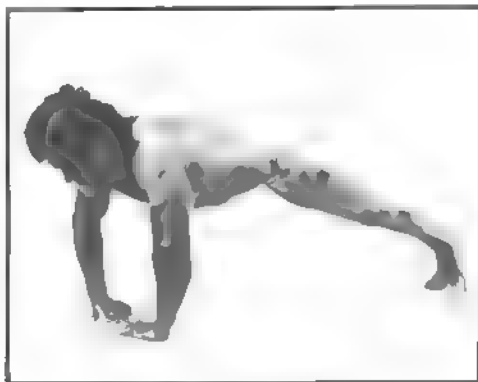
Next week your WHOLE TRAINING SCHEDULE CHANGES. Next week you will start the HERCULES SUPER PUMPING SYSTEM! Meanwhile, your additional exercise for this week is:

The Tricep Extension

3 x 6

• (arms)

Busca



1. Assume the position shown in illustration (a). Now lower your body until your arms extend at your fore arms with hands about two inches apart.
2. From this position simply straighten your arms, lifting your body as though you were doing a regular pushup.
3. Return to the original position, continuing for 6 reps.

Your complete schedule for this week will be:



1. **Warm-Up: Toe Touching**
2 x 10



2. **Jack-knife Plank** 10 x 4



3. **Seated Grip Cross Pushups** 4 x 8



4. **Side Squat** 4 x 18



5. **Mercury's L-kick** 10 x 4



6. **Side Bicep** 4 x 5



7. **Doorway Push** 3 x 6



8. **Seated Alternate Leg Kick**
3 x 15



9. **Triceps Extension** 3 x 6

HOW TO CARE FOR YOUR HAIR

Hair, hair, hair. So, you're balding? Hurt's doesn't it? But even if you're not losing hair, it's a good idea to look after your scalp so that you can do all that is possible to prevent excessive hair loss.

First of all, we want you to understand that baldness is mainly hereditary. If your father or mother (or both) were prone to bald, then chances are that you have inherited the tendency. It is comparatively easy after a few years for this process almost to be completely slowed, but it is absolutely certain that, as far as the ability of cells the hair can be cared for in a way that the hair loss is essentially prevented. That the hair is not lost thousands of times over why have to lower general hair health, and if you have are already arrested. A hair loss and have maintained full heads of rich hair into old age.

There are many balms and potions that are sold through shops, stalls, stores and through advertisement in press and magazines, but none work. Giving new hair is as simple as that.

Here are the facts. Hair research has been carried out now for decades. The following steps for a superior healthier and thicker head of hair have been formulated from all the knowledge we have gained in our research laboratories, hospitals and university research commissions. Problems of falling and receding hair from all parts of the world. At the time of writing this, carrying out these simple steps is the only positive action we believe that can be taken by you to arrest falling hair. There is no perfecting or guaranteed treatment that can give you a full head of hair. If you are completely bald, in the conventional matter, baldness common to men. We might add here that hair transplanting like heart transplanting, is in infancy and as yet is not wholly satisfactory. However, great progress in this field is anticipated in the next decade or so. Usually the hair used to transplant is taken from behind the ears or the nape of the neck, places where hair is nearly always abundant. Wherever the treatment is not painful to any extent and can be done at the rate of 25 to 100 new transplants at one time, it is extremely expensive. But sometimes money is no object to a man who needs to treat baldness.

Let's not waste time talking. Here are the things you can do! Set down in as simple a way as we know how.

STEP ONE

Hygiene

Wash your hair every other day if you live in a city. Twice a week if you live in the country. A tremendous amount of premature baldness is caused through minute particles of dirt which block up air to the scalp, cause an early demise. In fact the head is usually the dirtiest part of the body. If you want thick hair, you must be the cleanest. Use a good shampoo (mild) and use thoroughly after each washing. If you have a rash or blemishes on the scalp, see a dermatologist, because washing can often worsen the condition.

STEP EIGHT

Brush the hair daily. **B** a hairdresser should cut it every two to three weeks at the very
least. **B** your hair is more beautiful when it is cut in the right style. **B** hair is
pressure continually as the body is in motion. The pressure of the hair is
forward, backward, sideways etc. and works on the scalp and the hair
in various fashion. **B** styling works like a tight band on the scalp and the hair
to keep it tight and stiff. **B** hair is not
to be washed every day. **B** hair is not
to be washed every day. **B** hair is not

■ A good sign. It shows that the roots have been stimulated

STEP NINE

[illegible]

STEP TEN

[illegible]

STEP ELEVEN

Supplement can ensure adequate supply

STEP TWELVE

[illegible]

STEP THIRTEEN

Have a check up with your dentist. Bad teeth can adversely affect the hair by indirectly poisoning the scalp.

STEP FOURTEEN

Stress can be one of the most devastating 'killers' of hair. Try not to worry unduly. Remember, worry itself solves nothing. If you find that your job is giving you a draining feeling inside, then try and seek another approach. Apart from saving yourself from getting an ulcer, your hair will be less likely to fall out! Worry in some people can cause almost overnight hair loss.

STEP FIFTEEN

Hair is made of protein. Ensure that you are getting adequate supplies. Good protein foods include: Fish, Poultry, Nuts, Cheese, Milk, Meat, Soya Beans and Eggs. For those who prefer it, there are numerous protein supplements on the market, in powder or tablet form. These are obtainable at drug stores and chemists.

Protein is not fattening. Get plenty of it!

STEP SIXTEEN

Make a point of really breathing in fresh air when you are out of doors. Few people do this, though we all claim to. Walk one week to another. Adopt it as a matter of habit. The more air you take in, the healthier you are. Fresh air is far more oxygen and often supplies iodine by the time this ingredient reaches the scalp via the air.

STEP SEVENTEEN

A specific treatment used by many stage, screen and T.V. personalities. This is said to have helped one actor out once or twice a month only.

Heat some castor oil to a temperature that is comfortable yet sticky to the skin. If you scrub the scalp with the supply, then apply hot damp towels around the entire head (start from crown of the scalp and hair). Continue this hot oil treatment for ten minutes and allow the oil to remain on the hair for at least twenty minutes. Then remove with a vigorous shampoo. Remember to use hot enough oil to remove all dirt, grease and dandruff which has been loosened by the hot oil treatment.

STEP EIGHTEEN

To have healthy, shiny hair, one should make a point of getting every dead hair out of your head every day. When one allows dead hair to remain in the head one starts scalp problems. New hair finds it difficult to come in when it is blocked by dead hair. Many people who are having 'bald' patches are doing dead hair thinking that they are doing the bathing process. Nothing could be further from the truth. Don't forget to shampoo and massage vigorously after you have once got your scalp used to vigorous brushing. This loosens dead hairs and in their place grow strong new hairs. By getting rid of dead hair, you help to ensure a strong growth. One of the greatest fears of a balding person is that he or she is afraid to brush the head for fear of losing more hair. Naturally at first you will take it easy, but within a week you should be brushing your hair vigorously every night.

STEP NINETEEN

Not a nice hair care procedure, but certainly an important aspect of head hair appearance is the way you hair is cut and styled. Make a few enquiries in your area and perhaps even try a little more to have your hair cut by a good barber. This is the practice of many in the acting profession whose very profession depends on their overall appearance. Clever styling can make all the difference. For those who have suffered from thinning hair loss, that a barber can hardly help them, we suggest that they avoid chemicals growing a head of hair and/or using safety razors. These will tend to irritate the skin and the hair. The same goes for eyebrows and hair darkeners to retard loss of the hair line.

STEP TWENTY

Combs should have blunt, smooth teeth, never use a sharp comb that can harm the scalp or hair.

STEP TWENTY ONE

Hair massage. Make a habit of gently tugging tufts of hair all over the head. As your hair strengthens, this exercise can be increased in severity as you get used to the movement.

STEP TWENTY TWO

Rins for the shampoo. Two to three shampoos of mild shampoo should be followed by two thorough rinses in warm water, then cold water rinse to stimulate circulation. Dry the hair by hanging with warm towels if possible.

STEP TWENTY THREE

Keep your combs and brushes absolutely immaculately clean. Of all things, if one hair care item had to be singled out as the most important, it would be cleanliness of the hair and scalp. Keep clean by regular washing and rinsing. And likewise keep anything that touches the hair spotlessly clean.

A FINAL WORD

It's very easy to gloss over these hair care steps and to think to yourself that if you fully followed all advice you would not do your hair one bit of good.

Humor me on this, what it is many people feel that if they spend money for a thick head of hair, will it grow? If that hair, if they follow advice like self-massage and scalp hygiene, it may well not get anywhere.

Don't fool yourself! If there was a tribe that grew hair on bald heads, we wouldn't really have any hair peeping. Follow this advice. It's invaluable. Keep this advice with you for reference as a series of instructions can keep you young and gone looking. Keep your hair going and practice the advice in this book. Soon it can become habit and like cleaning your teeth, washing your face, or shaving, you will be practicing hair care. You will be happier, more content knowing that you are doing everything possible towards maintaining a healthy head of thick hair.

- Q. Is there any way a man or woman could get venereal diseases like gonorrhea or syphilis apart from full sexual contact?
- A. Almost without exception, gonorrhea and syphilis are acquired through sexual relations only, including contact between homosexuals.
- Q. What are the main differences between gonorrhea and syphilis and how do they affect life and health?
- A. Both are common diseases affecting millions of people yearly. Gonorrhea is the most common and is spreading like wildfire among young people. The symptoms are usually a discharge, inflammation and sometimes pain in the female. On the other hand, syphilis seldom causes a discharge and is usually characterized by a chancre or ring like sore to appear in the genitals. If you do not quickly get syphilis treated as the disease goes on, it might eventually enter the bloodstream and form a link again later with serious complications. Paralysis, brain damage, blindness and ultimate death are risks.
- Q. Is there anything during a woman's menstrual period harmful in any way? Could pregnancy at this time result?
- A. Sex relations during this time is not harmful to either partner. Pregnancy too is just as likely at that time as any other time of the month.
- Q. I just cannot make my current girlfriend reach a climax. No matter how much time we take to have making up a never seems to be beyond a certain stage of enjoyment. What do you suggest?
- A. This is a difficult experience. The woman may be unable to fully give herself to sexual pleasure for many reasons. She may have had overstimulation during a previous sexual experience, or she may be just too tired. Other reasons are her own religious backgrounds. There are also many other reasons for lack of pregnancy or other physical factors. You must be a forgiving man. You are not to put too much on your woman. Be kind, understanding and above all, a little sensitive to her. A conspiratorate husband who shows her recommendations and earns the security of being known as a wife without have a frequent wife to go unless of course she has serious psychological problems which require the help of a therapist.
- Finally, you may say that your partner may just not be interested in sex with you. In fact, this is the most common complaint received by marriage counsellors. In most cases, it is the wife who does not enjoy sex. She merely goes along with it as a duty to her husband's desires.

Here's Your Four Way Plan

- 1 The husband should talk about sex with his wife. He should encourage her to read authoritative books on the subject of sexual intercourse. The books should be frank, open and written in a professional manner. This step is very important in establishing communication without which a good sexual adjustment is impossible. Your wife should be exposed to such words as penis, vagina, vulva, clitoris, masturbation, orgasm, in a professional context. After she has become accustomed to using such words, she will not think twice about using them to express her desires to her husband. This openness will serve to remove the embarrassment she has always associated with those things.
- 2 The electric vibrator is useful in aiding a woman's initial climax. A skilled self-fulfilling woman, who has not experienced an orgasm. Once a woman has come, she will wait for orgasm. The vibrator can help in these things, though many women will report that use of the vibrator is not satisfying. However, make no mistake about it, once an orgasm is reached about the right time use of a vibrator, more conventional penis-vagina intercourse should produce a greater surplus of satisfying sexual activity. Vibrators shaped like dildos are available and are very effective.
- 3 Have frequent intercourse. You can even surpass the recommended dosage given by most marriage counselors of three or four times a week. In fact, a daily unit of intercourse might be the best thing at this time, skipping a day only now and then. Don't worry, you will not wear out, and practice makes perfect. The more you do it, the more contented she will become to the idea of mutual sexual pleasure.
- 4 Above all, introduce variety into your sex. The love bed should never become boring or routine. Ask your wife what she likes, what does she like most. Where is she most sensitive to your caress? Experimentation in lovemaking can enhance your relationship. You may be amazed at the number of ways in which you can give or receive sexual pleasure. Be generous with your patience, your understanding and your body.

Q How long should intercourse take? How long should I take over foreplay before attempting intercourse?

A Sexual intercourse can take anything from a few seconds to several hours to complete. In this sexual relations usually last from fifteen to forty minutes. How long you take depends on your need, desire, attitude and fitness. Generally speaking, an overlong sex act results in a less-satisfying experience for the wife than the husband. Men can more easily climax in a minute or two than can women.

Foreplay should be continued until your woman is well aroused and moist. Her reaction is the best indication of your foreplay. Spend anything from fifteen minutes upwards at this stimulating. Do not make the mistake of many men and enter your woman too early. This takes a lot of pleasure from her. Inadequate foreplay almost often results in unsatisfactory intercourse.

TEETH CARE

There are a few things in this world more attractive than cleanliness. We talk about sex, and the same is true with the mouth.

Never underestimate the importance of oral hygiene. Whereas it is true that the mouth has its own built-in cleaning system, it nevertheless is a helping hand to make sure that your teeth keep spotless, shining and free from cavities. If you want your teeth as perfect as possible, then:

1. Clean them after every meal
2. Brush your gums regularly
3. Do not eat synthetic foods.
4. Do not eat candies, cookies, white flour products, gooey treats with white sugar, etc.
5. Eat an apple a day. Raw fruit and vegetables are the best foods for your teeth.
6. See your Dentist every eight months
7. Use a fluoride toothpaste
8. Use all teeth when chewing food. Don't favor one side of the mouth. Chewing is great for healthy teeth.

Consider, for example, Steve Reeves, who does not have a single cavity in his mouth, always uses baking soda to clean his teeth. Maybe he has something?





MR. EVERYTHING STEVE REEVES. THE FINEST EXAMPLE OF PHYSICAL PERFECTION IN THE WORLD TODAY



MR. BRITAIN FRANK RICHARDS HAS THE KIND OF PHYSIQUE THAT APPEALS TO THE LAYMAN. IN THIS PICTURE HE IS COMPLETELY RELAXED.

HERCULES II

(Apollo - Power - One)



lesson **7**

lesson **8**

LESSON SEVEN

We promise... So...

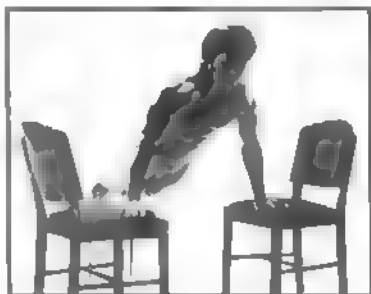
THE SECRET OF THE PUMPING ACTION: To get a new muscle size, you get a brand new way to perform it! First your exercises, then we will explain the principle of how to pump your muscles to new growth.

EXERCISE ONE

Hercules Dip between Chairs

4 x 10

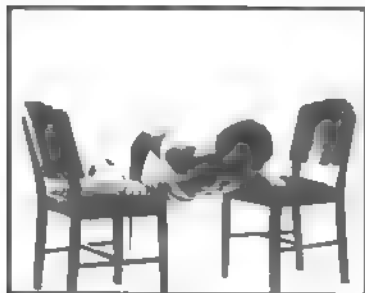
(chest, shoulders, arms)



1. The person is in a starting position, standing between two chairs.

2. The person is in the middle of the dip, with their body lowered.

3. The person is in the final position, with their body raised.



EXERCISE TWO

Reverse Chair Dips

4 x 12

Chest, arms, shoulders

Illustration (c)



- 1 Assume starting position as in illustration (c)
- 2 Complete the exercise by lowering into position (d), keeping your back and legs straight at all times.
- 3 Return quickly to original position and repeat until the desired number of reps have been completed.

Illustration (d)



EXERCISE THREE

Calf Raise

3 x 20

(lower legs)

- 1 Stand as illustrated in (e) placing the ball of your foot on a thick book or piece of wood
- 2 Hold onto a table or chair back for balance
- 3 Raise as high as you can by rising your heel on X
- 4 Lower until heel touches floor giving maximum stretch to the calf muscle. Raise and repeat



Illustration (e)

EXERCISE FOUR

Bouncing Squat

3 x 60

(Thighs and Hip Girdle)

- 1 Adopt the squat position shown in illustration (f) (Knees to be stretched out in front)
 - 2 Raise the body up and down approximately 8 inches. Do not come out of the squatting position completely. Just raise and lower about one inches - Up, down - up, down. Continue until thighs are thoroughly tired
- 3 x 60

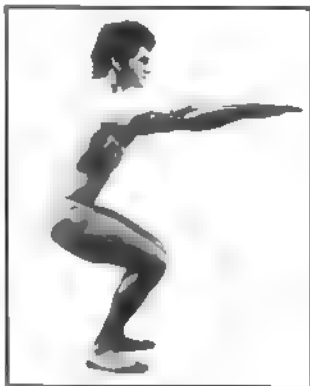


Illustration (f)

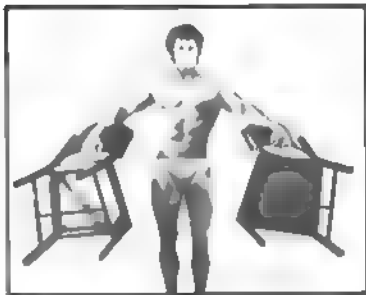
EXERCISE FIVE

Lateral Raise

3 x 10

(Shoulders, Traps and Neck)

- 1 Using two chairs, stools or heavy books raise arms slowly to the position shown in the illustration (g)
- 2 The arms should be very slightly bent to take pressure off the elbow joint
- 3 Keep shoulders back and ensure that the chairs are lifted to the side and not forward to the front. Continue up and down until tired (3 x 10)



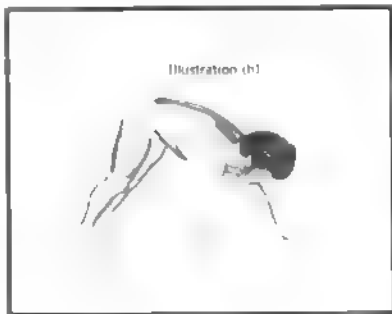
EXERCISE SIX

Jackknife Floordips

3 x 15

(Shoulders, Arms, Chest)

- 1 Move into the dipping position shown in illustration (h)
- 2 Move back to the upright position by pulling yourself up with your hands a most effective tip is to pull up front by bending your arms only
- 3 Press up and repeat
- 4 Make sure arms lock out straight after each repetition. 3 x 15



EXERCISE SEVEN

Single Leg Broom Curl

3 x 35

(Arms)

1. Adopt a sitting position with a broom stick underneath one leg. (Illustration (ii))
2. Grip the pole with both hands, palms up, wrists straight.
3. Next, while keeping the elbows tight into the sides, curl the bar, lifting your leg as high as you can while still remaining seated.
4. Continue the effort for 2 seconds, although you cannot raise the pole any higher. Lower and repeat. 3 x 35.



FIGURE 11

EXERCISE EIGHT

Triceps Floor Dips

3 x 10

(Arms)

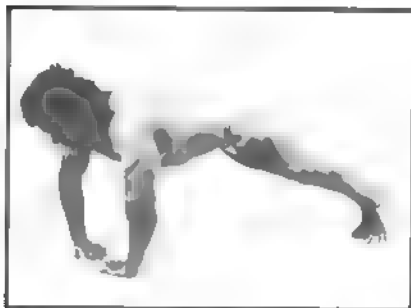


FIGURE 12

The position from exercise may seem a little awkward. Hands must be facing one another. Fingers almost touching. (illus. J)

2. Lower body to the floor by bending arms and all but touching chest to the floor.
3. Keep in position throughout the exercise and allow elbows to touch floor each time you dip. Raise and repeat 3 x 10.

Try to do after the exercises for this lesson. Note: There are no midsection exercises this week! This is temporary, of course we want you to suck up as much as possible during this particular lesson.

Now we have just given the exercises for this week. We will give you the breakdown on exactly how you should use a fatiguing pumping system to make the most of your results.

It is a well known fact that a male has a greater tendency to grow from a large size than a female. The pumping system is simply a means of getting large quantities of blood to a particular area of the body. The higher carries musclebuilding you get sent to the pumped area and the less a moderate muscle growth.

Here's What You DO

Do one set of exercise. Then without any pause perform one set of exercise = 2. Rest for a short period and then perform a further set of = 3. Followed quickly by another set of = 2. This is repeated until the full 4 sets of each exercise are completed. Your chest and arms will pump with extra blood. A known well exercise = 3 and 4. You alternate between the two exercises with the minimum of rest so that the legs pump up tremendously.

Exercises for muscles for the shoulders are exercised in similar fashion as are movements = 7 and = 8. In the next chapter you will see each exercise and benefit from it fully.

Perform the exercises in order of sets and reps if possible. If you can manage to perform exercises without undue strain then by all means do so. 'Work hard'!

BUILD YOUR BODY IN PROPORTION

Most bodybuilders are making business. You as a bodybuilder can be deemed to be a success if you have a well built body. You are not just a bodybuilder you are a bodybuilder. You have a body to work with. Now it is up to you to build a well proportioned body which is a pleasing sight to behold. Don't make the mistake of overbuilding one body part at the expense of another. If you build one body part this may well happen. For example you may take a lot of time on your chest exercises and suggest that you are really enjoying the push-up exercise between others. You are doing so much that you perform it for many sets then we recommend in fact you should have exercises which work on the upper body as you do on any other. In what happens. You start seeing a significant increase in the size of your chest muscles and your arms and legs. Your chest muscles are built up and your arms and legs are

make matters worse, no body may perform extra exercises, or may choose not to do it, and the other exercises may be neglected. This, of course, will lead to a body being out of proportion.

THE WAY TO ENSURE THAT YOU BUILD YOUR BODY SYMMETRICALLY, TO THE AMOUNTS OF EXERCISE FOR EACH BODY PART.

or that you have it? Do not play favorites with your muscles. Exercise each and every muscle to the same extent. Do not do excessive work on any one body part at the expense of neglecting the

As a general guide to development, one should endeavor to obtain an entirely symmetrical physique, at all muscles. This is the Grecian ideal. They don't have it, but we can get close to it. No muscle more than an inch variation. Modern day bodybuilders tend to build asymmetrical. When a bodybuilder says that his neck and jaw gives him a "manly" appearance, that is a sign of a disproportionate physique. Then, arms display is that we may look impressive, but when it is considered as a part of a physique viewed as a whole, then the disproportionate appearance will become obvious.

One of the most proportionate physiques we have seen over the years is Mr. Universe Paul Wyster. He is five feet nine inches tall. He weighs just 188 pounds. Arms 17 inches, chest 47 inches, waist 31 inches, 24 inch calf. He is beautifully proportioned. There is no area of his body that has been overdeveloped. Neither is any part underdeveloped. We consider Paul Wyster to be the equal of Mr. Peckinpah's Steve Reeves. Judge for yourself. And we are proud to say that he did it with the help of HERCULES. Yes, he used these very principles to build his body.



PAUL WYSTER MR. UNIVERSE

A naturopath tells us that once a muscle has started relaxing, it is not interfered with. It goes on relaxing automatically. Relaxing therefore has more than a momentary value.

The effect is a pervasive and goes deeper than you might imagine. It loosens up the too tense muscles throughout the whole mechanism of the body. It renews lost energy and gives new poise and balance in spite of the distractions and worries of an exhausting day.

MIND CONTROL

2. The psychophysical way. Mental control should be combined with what has just been said about speedy relaxation through muscular control.

1. Speeds the process. While you are trying to exercise bodily relaxation, you must also exercise mental relaxation. You must acquire at least some control of your mind.

BUT HOW? By deliberately filling your mind with thoughts that are the very opposite of the frightened, the despairing, the panicky.

8. Play the game. You must not a complete amateur in your attitude. Play, but play wisely. Play with

calm, just as a chess player has to face the anxious, who see a stroke, the heavy, who in your every attack take you by surprise at the end of your tether. So, in these ways, you

8. Play the game. You must not a complete amateur in your attitude. Play, but play wisely. Play with calm, just as a chess player has to face the anxious, who see a stroke, the heavy, who in your every attack take you by surprise at the end of your tether. So, in these ways, you

control your mind. It won't relax if it is too tense. He says that the right strategy is to relax. The answer is two fold: impatience or fear.

First, let us consider impatience.

We all know the restless impatience of a worker always in a hurry trying to do everything at once. You achieve very little. You end up with nothing of expending a great deal of nervous energy. It increases. We must conserve our energy. We need a new approach. Bill Hogan, the famous golfer, said in a television game concert life is a chess game. Only the one man playing. I have been pressed because never allow myself to think of what comes next. This helps my play besides enabling me to feel securely and relaxed.

There is wisdom in this. If you have a busy, distracting day ahead of you, when things can all too easily get out of control, don't allow yourself to be flustered. Don't fret about "How am I ever to get through this day?" Calm down quietly and plan the day carefully. Take things one at a time, thinking of nothing but this one thing only and giving it your undivided attention. This will ease the tension and will leave you less fatigued at the end of the day besides making a far better job of everything.

The Causes

Constipation is usually caused by faulty eating, but even a moderate excess of exercise. Bile salts and all symptoms of indigestion such as flatulence, gas, indigestion, abdominal pains etc. Exercise generally has a tendency to increase the effect of the bile salts, but a tendency to become constipated. Therefore, it is important to exercise wisely, prevent constipation by ensuring that you are not taking too much exercise. The longer you exercise, and the more you exercise, the more you will be able to handle the stress of exercise. It is important to avoid over use of sleeping pills.

Due to the fact that the body is made up of many different parts, it is important to ensure that the abdominal muscles are not too tight. The abdominal muscles are the most important muscles in the body.

Eat wisely to help avoid Constipation

Constipation is a common problem, and it is often caused by a lack of fibre in the diet. Fibre is a type of carbohydrate that is found in many fruits and vegetables. It is important to eat a diet that is high in fibre, as this will help to prevent constipation. Some of the best sources of fibre are whole grains, fruits, and vegetables. It is also important to drink plenty of water, as this will help to keep the digestive system healthy.

It is also important to eat a diet that is low in fat and sugar. A diet that is high in fat and sugar can lead to constipation. It is also important to avoid eating too much of the same food, as this can lead to constipation. It is also important to avoid eating too much of the same food, as this can lead to constipation. It is also important to avoid eating too much of the same food, as this can lead to constipation.

Good Posture

If you stand and sit correctly, you may help to prevent constipation. It is important to stand and sit correctly, as this will help to prevent constipation.

Avoid Excess Stress and Worry

Try to keep the body relaxed and collected. Remember that excessive excitement or worry can disturb your excretory system.

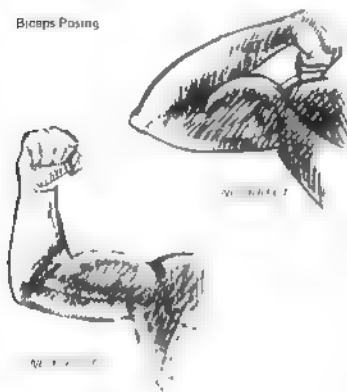
HINTS ON POSING

How to Pose Your Arms

The arm is probably the most impressive part of your body. You can't even begin to disagree with this, but it's just as true that it's just as easy to see that no other body part has. But a well-developed arm will look twice as good if it is posed correctly.

100% 100%

Biceps Posing



EXERCISE NINE

Situps 3 x 15

Upper Stomach Muscles

1. Lie on your back, knees bent.

2. Arms outstretched forward.

3. Commence to sit up as shown in illustration.

4. Lower slowly with rounded back in reverse.



ILLUSTRATION 9a

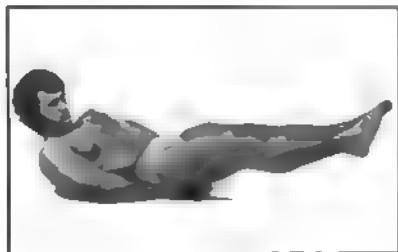


ILLUSTRATION 10a

EXERCISE TEN

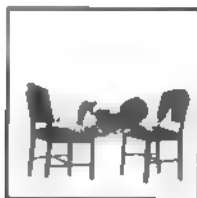
Leg Raises 3 x 15

Lower Stomach Muscles

1. Lie on your back, hands under your head.

2. Raise and lower legs together.

3. Do not allow feet to rest on the floor between repetitions. Raise, lower and repeat 3 x 15.



1 Hercules Dips between
Chairs - 4 x 10



2 Reverse Chair Dips
- 4 x 12



3 Calf Raise - 3 x 20



4 Boxing Squat - 3 x 60



5 Lateral Raise - 3 x 1



6 Jackknife Floor Dips
- 3 x 15



7 Single Leg Biceps Curl
- 3 x 35



8 Triceps Floor Dips
- 3 x 10



9 Situps - 3 x 15



10 Leg Raises - 3 x 15

Personality Test

1. Discreetness: Being able to keep what you think straight and see it through.
2. Personal confidence: Believing in yourself and what you do.
3. Enthusiasm: The ability to get yourself motivated and spur others on to greater efforts.
4. Patience: Being able to wait for those harder things to come around at a time.
5. Charismatic: Being able to produce a relaxed and optimistic atmosphere in others.
6. Volatility: A feeling as if you're already enjoying life and wanted to live.
7. Volatility: Can you wake up in the morning and look forward to the challenge of a new day?
8. Discreetness: Being able to keep what you think straight and see it through. Review it, as you might find it hard to understand what is actually thinking of you.
9. Personal confidence: Believing in yourself and what you do. Review it, as you might find it hard to understand what is actually thinking of you.
10. Discreetness: Being able to keep what you think straight and see it through. Review it, as you might find it hard to understand what is actually thinking of you.
11. Aggressive: Being able to get things done and stay in power.
12. Discreetness: Being able to keep what you think straight and see it through. Review it, as you might find it hard to understand what is actually thinking of you.
13. Enthusiasm: The ability to get yourself motivated and spur others on to greater efforts.
14. Discreetness: Being able to keep what you think straight and see it through. Review it, as you might find it hard to understand what is actually thinking of you.
15. Personal confidence: Believing in yourself and what you do. Review it, as you might find it hard to understand what is actually thinking of you.
16. Courage: (In the face of big odds.)
17. Discreetness: Being able to keep what you think straight and see it through. Review it, as you might find it hard to understand what is actually thinking of you.

- [illegible]

A very long list, indeed, and a lot to do for anyone who tries to live a part of these principles. But nevertheless, adding new to those who fully realize the importance of self-improvement. Serious practitioners of many of the eastern religions spend years, then, even a lifetime, in self-improvement. Next to be asked they set themselves a goal will be keeping it going.

He is a man of great energy and vitality, and his personality is so vivid and so full of life that it is impossible to imagine him without it. He is a man of great energy and vitality, and his personality is so vivid and so full of life that it is impossible to imagine him without it.

He is a man of great energy and vitality, and his personality is so vivid and so full of life that it is impossible to imagine him without it. He is a man of great energy and vitality, and his personality is so vivid and so full of life that it is impossible to imagine him without it.

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He is a man of great energy and vitality, and his personality is so vivid and so full of life that it is impossible to imagine him without it. He is a man of great energy and vitality, and his personality is so vivid and so full of life that it is impossible to imagine him without it.

opens the door to easier progress along the road

He is a man of great energy and vitality, and his personality is so vivid and so full of life that it is impossible to imagine him without it. He is a man of great energy and vitality, and his personality is so vivid and so full of life that it is impossible to imagine him without it.

What Destroys Sex Appeal and Personality?

He is a man of great energy and vitality, and his personality is so vivid and so full of life that it is impossible to imagine him without it. He is a man of great energy and vitality, and his personality is so vivid and so full of life that it is impossible to imagine him without it.

Q. x r p y k t y j n x n o w e x a z w h o y h m n d v There's no rest time as in praise given for high marks!

1. Lack of Vanity (Dullness)
2. Poor Health (Bad living habits)
3. Inattention (Leading to ignorance)
4. Timidity (Introversion)
5. Lack of Originality (Imitator)
6. Lack of Social Sense (Self-consciousness)
7. Lack of Self Control (Over indulgence)
8. Self Disgust (Causing embarrassment and blushing)
9. Self Indulgence (Obesity etc.)
10. Awkwardness (Over self-consciousness and carelessness)
11. Conceit (Unfounded egotism)
12. Timidity (Overly sensitive, shy, in the end, look at it)
13. Lack of self (Justify him (him) no concept of himself)
14. Selfishness (Overly self-conscious, self-centered)
15. Self Consciousness (Lack of success)
16. Lack of self (Justify him (him) no concept of himself)
17. Sense of Disappointment (Defeatism, cynicism etc.)
18. Lack of self (Justify him (him) no concept of himself)

WHAT DOES IT ALL MEAN?

Q. w i t a h o f y c o n e p t x h a s t a k e n w y e a n w i l o n d h m d n s

Major Purpose of Sex Appeal: never mind, it's just a way to find out and try to
understand the nature of the human mind, the success of the eye and the sex appeal.

8 Please see some of the other exercises in the book. I have been very busy with my work, but I have managed to find some time to do some other interesting sport.

9 Please see some of the other exercises in the book. I have been very busy with my work, but I have managed to find some time to do some other interesting sport.

10 Please see some of the other exercises in the book. I have been very busy with my work, but I have managed to find some time to do some other interesting sport.

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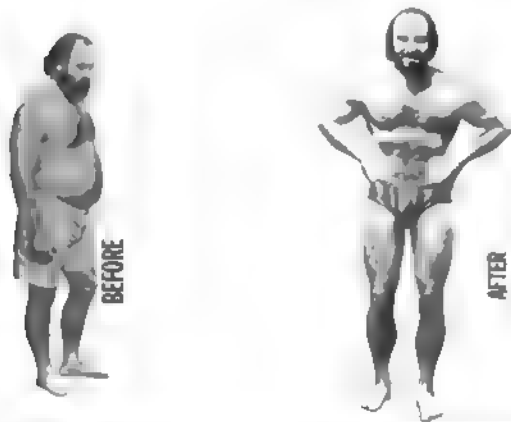
15 Please see some of the other exercises in the book. I have been very busy with my work, but I have managed to find some time to do some other interesting sport.

16 Please see some of the other exercises in the book. I have been very busy with my work, but I have managed to find some time to do some other interesting sport.

17 Please see some of the other exercises in the book. I have been very busy with my work, but I have managed to find some time to do some other interesting sport.

18 Please see some of the other exercises in the book. I have been very busy with my work, but I have managed to find some time to do some other interesting sport.

20 Be just like B. you will have a good time. Then you will become a good talker.

[illegible]

We make a case for allowing you these rights before and after presentation. Here is Paul's story. We have put his story in a very good reason, so that a not over-ought point or take heart in it, enthused by his example.

pt is reminding you of this man we found at the event is the the Heracles. I am am

Look at his BEFORE picture on the left. He was covered from head to foot in ugly fat and it's obvious weeks later. For a few overweight and fat guys out of you or I was ready to give up. Now look at the AFTER picture on the right. A few short weeks and 67 lbs lighter he looks great. wasn't his luck. He just decided to follow the Hurdles and get better.

IT CAN BE DONE IT WORKED FOR HIM AND IT CAN WORK FOR YOU

If you are still overweight, stick to the Hercules II diet recommended. It really does work and here is just one puppi who has proved it.

WANT MORE WEIGHT? TRY THIS MILK DIET

For those who want more weight, a diet of milk is best. Health Milk Ltd. is your

best friend. It is the only food that is so good for you. It is the only food that is so good for you. It is the only food that is so good for you.

MILK MILK and MILK MILK. Have you ever seen a baby who is so healthy and so happy? It is because of the milk that he or she is drinking. It is the only food that is so good for you. It is the only food that is so good for you.

This is the best food for you. It is the only food that is so good for you. It is the only food that is so good for you. It is the only food that is so good for you. It is the only food that is so good for you.

Milk is the best food for you. It is the only food that is so good for you. It is the only food that is so good for you. It is the only food that is so good for you. It is the only food that is so good for you.

Step Five

Smoke while you add this dose. Now smoke from Tuesday. So it's easier to say than you stop smoking day. You have to get up in your mind on RFA. You're thinking it's but quietly put in your mind to stop next Tuesday or on a Tuesday or any other day. When you decide to quit, you have to build up as much momentum as possible.

Step Six

Tell all your friends and friends that on such and such a day you will quit smoking. Make a big thing of it. That way you'll be more motivated to start smoking on that day. These are the steps.

Step Seven

When the journey's difficult, think of the five reasons you quit as an exercise.

- (1) You preserve your health and lengthen your life
- (2) You are free of the dictatorship of cigarettes
- (3) You're able to do more things with less effort
- (4) You have more money to spend
- (5) Your senses become sharper, increasing your enjoyment of life

By giving up smoking you are making a present of many positive pleasures to yourself.

Your sight improves, you are not as tired as you thought. You can read a book more easily. Your heart is just perfect like used to. Food tastes good again. Kisses are fun and more again. You're very strong. Your sense of touch is heightened, improving your coordination. You have a keen sense of taste. Your skin looks fresh again. In short, life is fun.

Step Eight

Some don't,

- (a) Don't take drugs. They are a big temptation if you're a
- (b) Don't substitute a pipe for cigarettes
- (c) Don't try to give up by smoking this pipe's cigarettes
- (d) Don't let that you've stopped smoking expect that because they will keep you away
- (e) Don't let that you've stopped smoking expect that because they will keep you away

Step Nine

Once you have decided which day is Stop Day, visualize yourself for any conditions that may arise. Be prepared to decline offers in any situation.

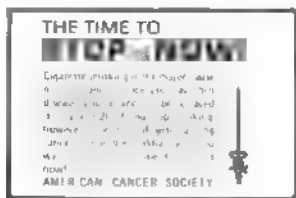
Review of Steps

1. Get serious
2. Pick a time to quit on a weekday prior to the time you are going to stop smoking
3. Give yourself only a 5-day "grace" period. After that, stop consistently every day for
4. Say "I choose not to smoke!"
5. Build up a real desire to stop – don't quit yet!
6. Tell your friends that you will stop on a certain day
7. Consider the five freedoms you gain.
8. Bear in mind the important "Don'ts"
9. Prepare yourself for the "Stop Day"
10. Don't celebrate with even a puff of a cigarette
11. Find a partner to quit with
12. Write down your reasons for quitting
13. Smoke heavily on the eve of "Stop Day"
14. "Stop Day" – destroy all smoking equipment
15. No exceptions.
16. Don't give in
17. Gone forever. Congratulations!
18. Your main reason – cancer

Burger's Disease

This disease exclusively knows to smokers. Look at the record: Of 1000 tested cases, every single one was from New York. Mt. Sinai Hospital checked 1400 cases in 1948 – 400 were smokers. The disease occurs in the excretory tract, that is the human toilet. Patient 1 had the first "filter pipe" in it. He was the first to smoke a cigarette with a filter. The sets and messes in and out of the major excretory tract was disrupted because the irritation is greatly reduced. In even stages, stage 10, "cancer" is not a common disease.

You have decided that you are going to give up smoking some time soon. Giving up smoking will open an exciting new world of freedom to you.



Bear in Mind

- Smoking can cause ulcers.
- Smoking can cause heart disease
- Smoking can kill in circulatory diseases
- Smoking creates over acid condition in stomachs.
- Smoking damages your digestive system
- Smoking injures the liver
- Smoking causes respiratory ailments
- Smoking injures tubercular patients.
- Smoking causes additional problems for diabetics
- Smoking aggravates an overactive thyroid gland
- Smoking cuts down your endurance
- Smoking can cause blindness
- Smoking spoils co-ordination
- Smoking creates nervous tension
- Smoking contributes to certain types of deafness
- Smoking spoils the complexion and causes skin ailments
- Smoking stupefies the brain.
- Smoking causes an earlier death
- Smoking can cause hardening of the arteries
- Smoking causes lung cancer, mouth and throat cancer
- Smoking causes Buerger's Disease



HERCULES II

(Apollo - Power - One)



lesson **9**

lesson **10**

LESSON NINE

HERCULES BENDING OVER AND RAISING LEGS

EXERCISE ELEVEN

Bent Over Leg Raise to Rear

(Lower Back, Hips)

3 x 18

1. Adopt position as shown in illustration
a) resting on chair or table top
2. Raise left leg to rear as high as possible
keeping body still
3. Raise right leg in similar fashion 18 reps

© 1960 J. M. M.

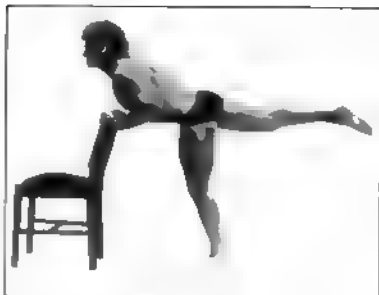


FIG. (4)

The last two lessons have advised that you perform your exercises in pairs, following the HERCULES burning system. You are to still continue this alternating technique as laid out in Lesson 7.

THE next exercise is Bent Over and Raising Rear as high as possible. This exercise is performed at the end of the schedule.

As you can see, the Bent Over and Raising Rear exercise is performed at the end of the schedule.

As you can see, the Bent Over and Raising Rear exercise is performed at the end of the schedule.

Breakfast

Cereal, milk, fruit

Eight pm

Mid Morning

Milk, fruit, cereal

Two glasses of milk

Lunch

Sandwich, fish, meat or cheese

Two glasses of milk

Mid-Afternoon

Cereal, milk, fruit

Two glasses of milk

Supper

Cereal, milk, fruit

Glass of milk

Before Retiring

Sandwich

Glass of milk

Figure 1

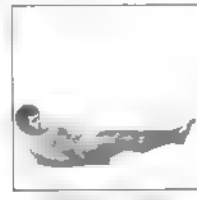
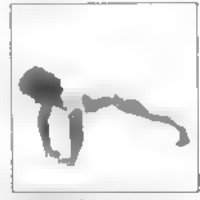
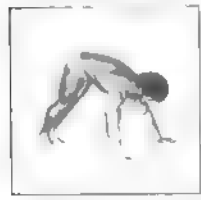


Figure 2

Figure 3

HOW TO POSE YOUR BODY

There are many different reasons for posing the body:

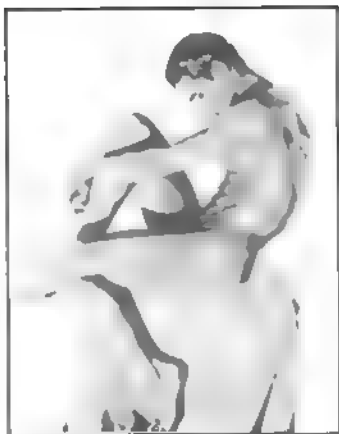
- 1 To display good body development and top proportion
- 2 To display grace and beauty of physical line
- 3 To show utmost physical development in the form of huge muscles with a bit sharp
- 4 To show tremendous awe inspiring power

Each of the above styles is quite different and no one man could pose successfully to show them all. Just as a cataloger of the same line. What is it you want to show with your pose?

Picture Number One shows the type of pose that is used by bodybuilders who have good muscle size (though not enormous) and who like to display the fact that they have balanced out their training and developed a proportionate physique. This is usually the most sought after type of build. The photograph is, of course, none other than "Mr. Everything" Steve Reeves. He is generally considered to be the World's most perfectly developed



Our next model is **Tony Sansone**. This picture displays the grace and beauty of the male physique. There is no attempt to show huge bulging muscles. The idea behind this type of pose is to show how one does not need 20-inch arms to make an interesting study. Few modern day bodybuilders could look impressive in this pose.



Ultimate physical development is shown in this 'most muscular' pose by **Harold Poole**. This is the most controversial type of posing. When a bodybuilder seeks to 'pop out' his muscles in this way, the layman tends to wince and may even feel nauseated. On the other hand, this is exactly the kind of pose that wins physique contests and money prizes for men who are willing to put in the time and effort. Harold Poole knows all about how to impress physique judges. He has won his fair share of contests, including Mr. World.



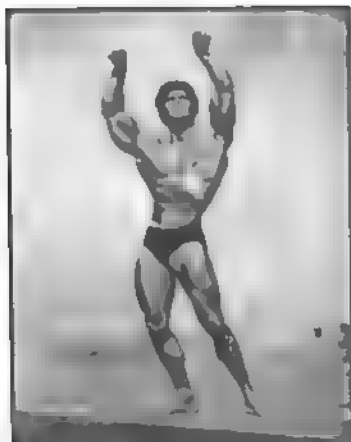
Steve Reeves

1914 - 1992

1914 - 1992

1914 - 1992

1914 - 1992



Don Haworth

1914 - 1992

1914 - 1992

1914 - 1992

1914 - 1992

1914 - 1992



فصل في معرفة ما هو الذي ينبغي ان يكون عليه



Reg Park 11.1 15 237 11.1

[illegible]

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$$\mathbf{V}^{N+1} = \begin{bmatrix} 1 & 0 & 0 & 0 \\ 0 & 1 & 0 & 0 \\ 0 & 0 & 1 & 0 \\ 0 & 0 & 0 & 1 \end{bmatrix} \quad \mathbf{V}^{N+2} = \begin{bmatrix} 1 & 0 & 0 & 0 \\ 0 & 1 & 0 & 0 \\ 0 & 0 & 1 & 0 \\ 0 & 0 & 0 & 1 \end{bmatrix} \quad \mathbf{V}^{N+3} = \begin{bmatrix} 1 & 0 & 0 & 0 \\ 0 & 1 & 0 & 0 \\ 0 & 0 & 1 & 0 \\ 0 & 0 & 0 & 1 \end{bmatrix}$$
$$H^0(\Sigma) \cong H^0(\Sigma_1) \oplus H^0(\Sigma_2) \oplus \dots \oplus H^0(\Sigma_n)$$
[illegible][illegible]

1. **HEART DISEASE** is the leading cause of death in the United States. It is the leading cause of death for both men and women. Heart disease is a group of conditions that affect the heart and the blood vessels. The most common type of heart disease is coronary artery disease (CAD). CAD is caused by the buildup of plaque in the arteries, which reduces the flow of blood to the heart muscle. Other types of heart disease include heart failure, arrhythmias, and congenital heart disease. Heart disease is often silent, meaning you can't feel it until it's too late. That's why it's so important to take steps to prevent heart disease. There are many things you can do to reduce your risk of heart disease. You can eat a healthy diet, exercise regularly, and avoid smoking. You can also take medication if you have high blood pressure, high cholesterol, or diabetes. These steps can help you live a longer, healthier life.

2. **TAKE YOUR TIME** When you're eating, don't rush. Take your time to chew your food thoroughly. This helps your body digest the food and absorb the nutrients it needs. Eating slowly also helps you feel full, so you don't overeat. It's also important to drink plenty of water. Water is essential for your body to function properly. It helps regulate your body temperature, keeps your joints lubricated, and helps your organs work properly. Drinking water can also help you stay hydrated, which is important for your overall health.

3. **EVERYTHING** in moderation is good. A healthy diet is one that is balanced and includes a variety of foods. It's important to eat a variety of fruits, vegetables, whole grains, and lean proteins. It's also important to limit your intake of saturated fats, sodium, and added sugars. Exercise is also an important part of a healthy lifestyle. Regular exercise can help you maintain a healthy weight, improve your cardiovascular health, and reduce your risk of heart disease. Getting enough sleep is also important. Aim for 7-8 hours of sleep each night. Stress management is also important. Find ways to relax and manage your stress, such as meditation, yoga, or spending time in nature.

4. **DO NOT** smoke cigarettes at all or drink alcohol regularly. Smoking is a major risk factor for heart disease. It damages the arteries and increases the risk of heart attack and stroke. Drinking alcohol regularly can also increase your risk of heart disease. If you do drink alcohol, do so in moderation. The American Heart Association recommends no more than one drink per day for women and two drinks per day for men.

5. **EAT ONLY** good wholesome foods like fresh **fruits** vegetables salads fresh fish whole wheat products, milk eggs and nuts. A healthy diet is one that is balanced and includes a variety of foods. It's important to eat a variety of fruits, vegetables, whole grains, and lean proteins. It's also important to limit your intake of saturated fats, sodium, and added sugars. Eating a diet rich in fruits and vegetables can help reduce your risk of heart disease. Fruits and vegetables are high in fiber, vitamins, and minerals. They also contain antioxidants, which can help protect your cells from damage. Whole grains are also important. They are high in fiber and can help lower your cholesterol. Lean proteins like fish, poultry, and tofu are also good choices. They are low in saturated fat and can help keep your heart healthy.

6. **Have a yearly checkup** with your family doctor. Regular checkups are important for early detection of health problems. Your doctor can check your blood pressure, cholesterol, and blood sugar levels. They can also check for signs of heart disease, such as a heart murmur or swelling in your legs. If you have any symptoms, such as chest pain, shortness of breath, or dizziness, tell your doctor. Early treatment can help prevent complications and improve your health.

7. **Do not allow** it to worry you. Keep personal **life** money work and domestic troubles in mind. Do not allow them to take over. Stress is a common problem, but it's important to manage it. Worrying about money, work, or domestic troubles can increase your risk of heart disease. Find ways to manage your stress, such as talking to a friend, exercising, or practicing relaxation techniques. It's also important to take care of yourself. Get enough sleep, eat a healthy diet, and exercise regularly. These steps can help you stay healthy and happy.

8. **Take** a few minutes each day to relax. Relaxation is important for your overall health. It helps reduce stress and improve your mood. Find ways to relax, such as reading, listening to music, or taking a walk. Relaxation can also help you sleep better. If you're having trouble sleeping, try relaxing before bed. This can help you fall asleep more easily and wake up feeling refreshed.

9. **Make sure** that you sleep at least 7-8 hours each night. Sleep is essential for your health. It helps your body repair itself and recharge. Getting enough sleep can help improve your mood, boost your immune system, and reduce your risk of heart disease. If you're not getting enough sleep, try going to bed earlier and waking up earlier. This can help you get more sleep and feel more energized.

10. **Work for and maintain good posture.** Good posture is important for your health. It helps prevent back pain, neck pain, and headaches. It also helps you breathe better and feel more confident. Find ways to maintain good posture, such as sitting upright at your desk, standing with your feet flat on the floor, and avoiding slouching. Good posture is a simple but important part of a healthy lifestyle.

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THERE YOU HAVE IT



EXERCISE REGULARLY
EAT WISELY
BE MODERATE IN YOUR VICES and
TAKE CARE OF YOUR HEART

Remember, a healthy heart is the key to a healthy life. Take steps today to protect your heart. Eat a healthy diet, exercise regularly, and avoid smoking. These simple steps can make a big difference in your health. Your heart is your most important organ, so take care of it. A healthy heart means a longer, healthier life. So, take control of your heart today. It's the best investment you can make.

LESSON TEN

A New Schedule this Week

Follow the exercises in the order we have indicated. Do three sets of each exercise. Then repeat the entire set of exercises. Do this for the first three days of the week. From then on, do four sets of each exercise. Take a minimum of 30 seconds between sets. The more you lift, the more you gain strength.

This schedule is very important for your progress. Do not skip any exercise. If you feel tired, stop for a moment and rest. If you feel you should move on to the next mover,

EXERCISE ONE

Lateral Raise

'Outer edge of the shoulder

Stand about 12" from a wall as shown in the

Keeping body upright and while maintaining

and

and

with

Repeat for ten sets work both arms

Hold for from five to ten seconds each rep



Figure 11

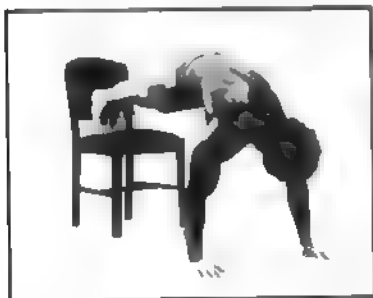
EXERCISE TWO

Lag Raise Dips

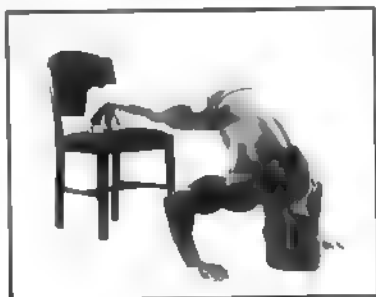
(Entire Upper Body)

Adopt the position shown in Illustration (2a). Slowly bend the arms to allow your head to touch the floor as illustrated in (2b). Push up and return to original position. Repeat for 8–12 repetitions.

Warning Make sure that you do not lower your torso too quickly. You might hit your head with a thump.



illus. 2a)



illus. 2b)



illus. 3)

EXERCISE THREE

Hercules II "Knees Out" Squat

(Thighs, hips, calves)

Hands on hips. Heels together, toes pointed outwards. Lower into a squatting position until your thighs are parallel to the floor. Raise and repeat.

Important

You must make a determined effort to lean backwards during this exercise, yet at the same time keeping the hips forward. This is an excellent exercise for not only building and defining the thighs but it will also help to firm up and trim the hips.

EXERCISE FOUR

Reverse Chair Dips

(Upper body and arms)

You have done this one before. Adopt the stance as shown in illustration (4). Now lower your body as deeply as you can by bending the arms. Push up and lock elbows. Lower and repeat. 12-15 repetitions.



illus. 4

EXERCISE FIVE

Calf Raise

(Lower leg)

Stand as in illustration (5). Raise your heels as high as you can and lower (repeat this heel raising movement quickly for up to fifty repetitions). Remember to lift the heels as high as possible to obtain maximum height. Stretch arms out in front to help balance. You may hold onto the back of a chair if you wish.



illus 5)

EXERCISE SIX

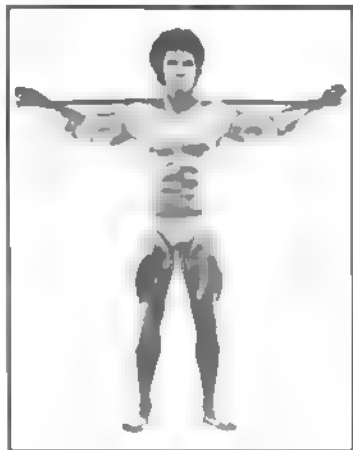
Hercules Midsection Twists

(Abdominals)

Place a rest Mr. Hercules on the floor and muscle up the broad front. It should be used to maintain posture and help get added twist during the exercise.

When maintaining this standing position:

Twisting the body in a circular motion, pointing directly in front of you. You will feel a slight twist when it happens your left arm will be facing directly backwards. Now twist back again until the left arm is pointing forwards and the right arm is pointing back. Try to keep arms facing forwards throughout the entire exercise.



illus 16)

Continue for 50-100 repetitions.

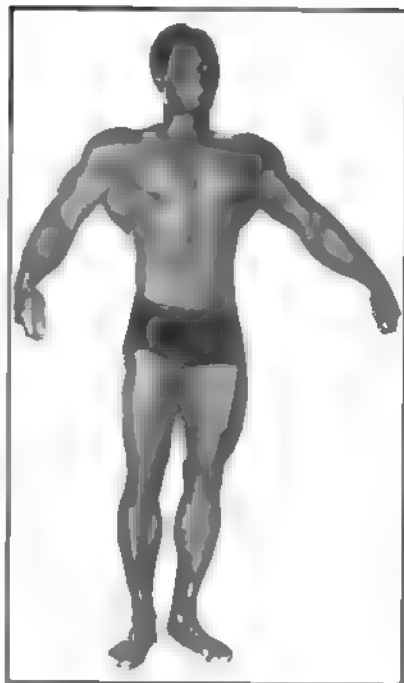
MIR UNIVERSE PAUL WYNTER

This is a photograph of fabulous Paul Wynter.
He is a Mr. Universe winner. There is no doubt

he has the best physique in the world. His muscles were the
best to greatness by this very course you are
pursuing.

Paul Wynter's advice to any normal male who
wants to shape up fast. "Whether you are cur-
rently fat or thin, young or not so young, fol-
lowing the principles of the Hierarchy of course
will help you gain weight efficiently
or lose weight efficiently."

Whether you want to gain or lose weight, sug-
gestions are given to help you progress. Then you may be suc-
cessful in your quest for a better physique.



CAN YOU INCREASE YOUR POSTURAL STANDING HEIGHT?

Of course you can! In this case these days. Many people wonder what it is to "permanently" stand a little taller. The answer we give to any such question is "NO". YES, you are achieving the "less-than-perfect posture" you are currently standing in. Improvement is possible. The answer we give to any short and poorly postured man is YES. If you are suffering from less-than-perfect posture, you can already STAND TALLER just by learning to stand at your full height potential with perfect posture.

This diagram shows how you can do virtually everything possible in bringing you to your ultimate height potential. It also shows that in fact, when AFTER your regular (RECULES) bodybuilding movements,

Now take note of your spine for a moment. How is it? As you look from the side, you will notice that it is not quite a straight line. At the neck, it is curved forward. At the shoulders, it is curved backward. These squarish, or "S" shaped curves, are the first signs of aging. It may be even that many of these curves are not there to begin with. They are the result of a long and deep "S" shaped curve that they were originally and deeper than necessary.

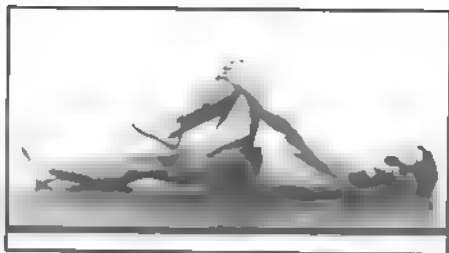
It is not a "S" shaped curve. It is a curve that is the shape of the letter "S". Never forget that. A C H E A T F E X G E N T Y F O R T H E H U M A N B O D Y

Now, we have to know, see. As you look for a moment at the "S" shaped curve, you will notice that it is not a "S" shaped curve. It is a curve that is the shape of the letter "S". Never forget that. A C H E A T F E X G E N T Y F O R T H E H U M A N B O D Y

Now, we have to know, see. As you look for a moment at the "S" shaped curve, you will notice that it is not a "S" shaped curve. It is a curve that is the shape of the letter "S". Never forget that. A C H E A T F E X G E N T Y F O R T H E H U M A N B O D Y

We should also know that it is a "S" shaped curve. It is a curve that is the shape of the letter "S". Never forget that. A C H E A T F E X G E N T Y F O R T H E H U M A N B O D Y





Movement No. 1

Lumbar Exercises

Repeat with left leg, then with both legs at once. Concentrate on keeping lower back flat on floor with

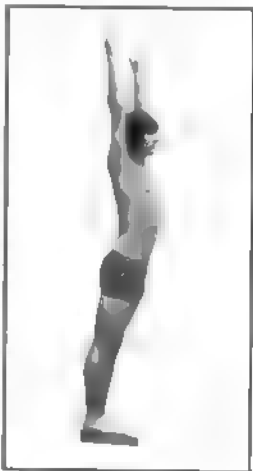
Continue this exercise until comfortably tired. About a 10-minute workout should be sufficient. 8 11

the spine, also slightly, the abdominal muscles.

Movement No. 2

A Simple Movement

physical stance of many individuals. Another practice that contributes to the development of a good posture is the use of the diaphragm. A further reason which contributes to giving you added strength and stability is the use of the pelvic floor muscles. This exercise loosens the entire spine and shoulders.



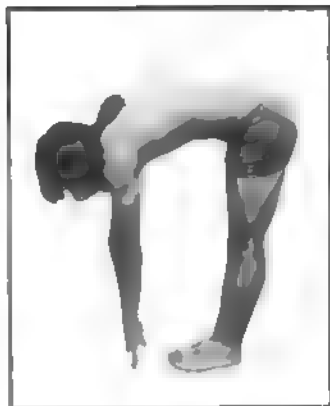
Movement No. 3

Toe Touching

Per arm as illustrated from 10-30 reps. The

exercise helps stretch the muscles of the lower back and hamstrings. As you loosen up, really let it out this exercise. You will find that the part at the top of the back of your thighs will be tight at first. In time, these may lengthen and you will feel better.

This exercise is performed by standing with feet together and arms straight out to the sides. Bend forward at the hips, keeping the back straight, and reach the hands down to the toes.



Movement No. 4

Cervical Exercise

Clasp hands behind head, elbows perpendicular to nose. Lower chin and slowly push head

back. Hold for 10 seconds. Repeat 10 times or until comfortably fatigued.

This exercise is performed by sitting or standing with hands clasped behind the head, elbows pointing outwards. The head is tilted back, and the chin is lowered towards the chest.

Movement No. 7

Bar Hanging

Hang from a chinning bar (or door ledge). Place a cushion on the top of a sturdy table (or fine furniture) and simply hang for as long as you can reasonably hold on. This is a tough exercise, but an although a useful addition for any posture-reverse program, it is no doubt the most comfortable stretching exercise from. Many people manage to find a pipe in their home or office that can be used for this activity. For those who do not have access to a pipe, a chinning bar is a good alternative. A chinning bar is a horizontal bar that is attached to a wall or ceiling. It is typically made of metal and is about 1-2 inches in diameter. It is used for hanging from and pulling oneself up. A chinning bar is a good alternative to a pipe for hanging from.

Stretches entire upper body



Movement No. 8

Dorsal Raise

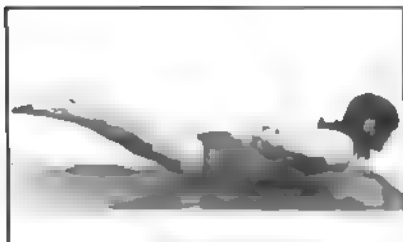
Lie on your stomach with your forehead touching the floor. Clasp hands behind your back as illustrated. Raise head, neck and chest.

Repetitions: 10-15
Time: 1-2 minutes

Strengthens lumbar region and acts toward

relieving back pain caused by injury

or surgery





HEIGHT AND HORMONES

About Drugs

[illegible]

Only one of these hormones directly is a signalling itself complex. Not only is all of these hormones important in the regulation of growth but they have also been well compensated. It is also an important factor in carbohydrate metabolism and fat metabolism. It also has significant interactions with the glands. One of the things I think that is very important in the study when FGF growth has been reached, it is on the one hand, it is important to see if there is a relationship to physical activity. It is also important to see if there is a relationship to physical activity. It is also important to see if there is a relationship to physical activity.

if you're not well below average height, you may well be normal physical & fit, there might be some lack of growth hormone - but perhaps to a minor pituitary deficiency

If you continue to believe you are suffering from a special fear, ask a doctor to refer you to a specialist. Your family doctor can refer you to such a specialist.

[illegible]

Hought and Hareidity'

3. With this data, you will have to be careful to get the data on each day right. A rough sketch

month following this plan

STEP THREE

Rest Posture

[illegible]

on the market for those who find it difficult to maintain

STEP FOUR

Smoking and Your Height

[illegible]

from this detrimental body poisoning habit.

[illegible]



*STEVE REEVES SHOWS THE KIND OF SUPERB PHYSIQUE THAT IS
BUILT FROM DEDICATION TO REGULAR SCIENTIFIC TRAINING*

HERCULES II

(Apollo - Power - One)



lesson **11**

lesson **12**

Curt Haywood won his division of the Mr. World contest in Columbus, Ohio. His physique is the result of a sound training, the Non apparatus (Hercules I) weight lifting, gymnastics, strongman and powerlifting disciplines.

Curt says that he practiced the HERCULES I principles to aid his muscular development in the Navy.

What a physique



How to Get a Better Tan

1. Avoid a hot sunbath with a hotan. He said the perfect tan is the result of a long, steady exposure to the sun. The sun should be just above the horizon when you start to tan. The sun should be just above the horizon when you start to tan.
2. Wait until you are very hot when you start to tan. The sun should be just above the horizon when you start to tan. The sun should be just above the horizon when you start to tan.
3. As a bodybuilder you should take care to get the upper body very hot. The sun should be just above the horizon when you start to tan. The sun should be just above the horizon when you start to tan.
4. Sun creams will not help you tan faster. They may slow down the process. The sun should be just above the horizon when you start to tan. The sun should be just above the horizon when you start to tan.
5. You cannot get a natural tan through glass. The sun should be just above the horizon when you start to tan. The sun should be just above the horizon when you start to tan.
6. Don't squint when you are in the sun. The sun should be just above the horizon when you start to tan. The sun should be just above the horizon when you start to tan.
7. Control your sunbathing time. The sun should be just above the horizon when you start to tan. The sun should be just above the horizon when you start to tan.

8. I've always probably been not real with a lot of things, but every time I see you, I see your tanning.

9. On the other hand, says wind can prevent tanning. On extra hot days with complete sun, it can increase the tanning process.



Strength Athletes

When he got asked about the various feats of strength performed by the world's strongest men, Mike Tyson was considered the most famous strength performer. He was the first heavyweight boxer to win the heavyweight title, and he was the first to win the title by a knockout. He was also the first to win the title by a knockout in the first round.

Gregg F. J. went to Morocco, Canada, and other places and he was the first to win the title by a knockout.

Cher played a role in the movie "The Untouchables" and she was the first to win the title by a knockout. She was also the first to win the title by a knockout in the first round. She was also the first to win the title by a knockout in the first round.

Reggie can lift the front end of a standard London taxi cab.

Former professional wrestler Kong can lift 600 lbs. from the floor by himself.

Jonny Lee Miller can hold two cars for 24 hours.

Older brother Henry can lift an 800 pound elephant and he was the first to win the title by a knockout.

Mike Tyson can lift a standard rubber hot water bottle by himself and he was the first to win the title by a knockout.

Mike Tyson can lift a standard rubber hot water bottle by himself and he was the first to win the title by a knockout.

Mike Tyson can lift a standard rubber hot water bottle by himself and he was the first to win the title by a knockout.

Jack LaLanne performed 1025 floor dips in 25 minutes.

Paul Anderson's scutcher can lift 900 lbs. on his back. The weight was mainly on his back. He was the first to win the title by a knockout.

Mike Tyson can lift a standard rubber hot water bottle by himself and he was the first to win the title by a knockout.



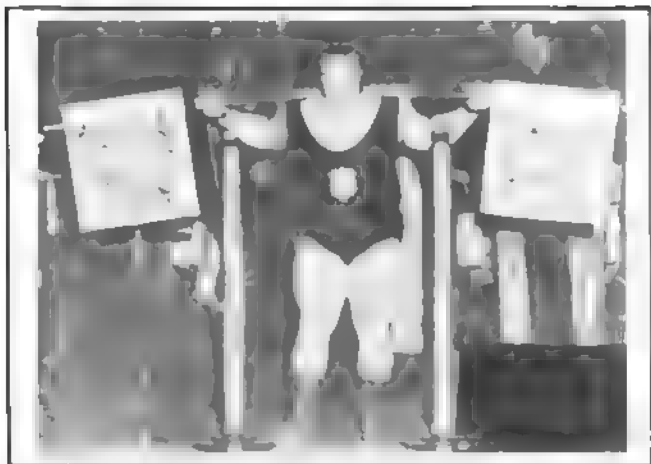
George F. Rowett on first hand shoes



Mr. P. O. O'Connell on first hand shoes



Mr. P. O. O'Connell on first hand shoes



Paula's attempt at squatting with 550lb. 10 weeks to go. 10lb. less.



Paula lifting 500 lbs. a week to go.



Paula's attempt at squatting with 550lb. 10 weeks to go. 10lb. less.



*Vinie Gironda at the age of 50 looks a better shape than most fellows half his age.
That is what regular exercise can do for you.*

Water and Your Body

Before we enter this session, we should like you to recognize the tremendously important value of it in drinking water.

It is a good idea to get involved in the regular drinking of pure water, as much as 8 glasses a day. Water is the universal solvent. It helps to flush out the impurities of the body, washing out waste from the stomach and ultimately cleansing the kidneys.

Do not drink excessively at meal times. An occasional sip at this time is enough. Always avoid quenching thirst with water, especially when hot. Sip it slowly, mixing it with the saliva of the mouth. Also, do not drink ice-cold water. It can shock the stomach and cause havoc with your digestive process. Always have a glass of pure water handy on your desk at work, etc. It can do you nothing but good.

Be prepared for Lesson No. 12. It is tough. Also we show you how to perform impressive strength feats of your own. So train hard and C-O-N-C-E-N-T-R-A-T-E!

LESSON TWELVE

This is your final schedule of Hercules II exercises. If there is one thing above all others that we would recommend to you as a successful muscleman and possible future physique star, it is that you train regularly. Have you trained regularly? Did you skip workouts? If you did, then you will not have made the same progress as you might have if you had maintained your regular three times week training.

On the other hand, if you trained exactly as we laid down, if you followed our musclebuilding advice to the letter, then you will have made tremendous progress. But in order to have made this progress you will have eaten more food than previously. You will have had adequate sleep and rest, and you will have had sufficient P. R. O. T. E. I. N. Remember protein is what muscles are built of. You simply cannot make musclebuilding progress without an adequate supply to feed your body's needs.

At this point in the Hercules program, it is a tough job. You are going to sweat it's week. You are going to get going a little out for mercy. But you are going to come through a winner.

Try to do 3 sets of each exercise at your first workout. Build up to performing 4 sets of each thing as many repetitions of each exercise as is possible without straining.

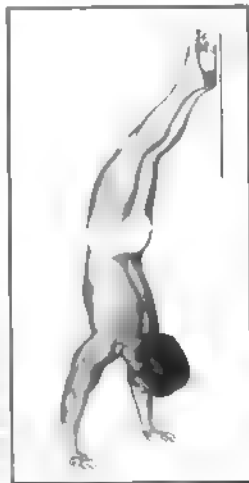
EXERCISE ONE

Handstand Pressups

(shoulder, chest and arms)

Place your hands about 33 inches from a wall and kick up into a handstand. Once in this position you may open your legs if you wish (it may help your balance).

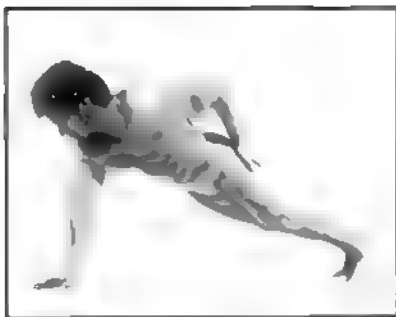
The exercise is to do it slowly in case you might flatten your nose against your face without touching the floor. Then return to the handstand properly by straightening the arms. Repeat for as many repetitions as you can do without straining. Warning: if you lack the strength to lower yourself completely then simply perform the exercise by lowering your body halfway in every rep. Gradually you will get strong enough to do the full form this exercise the correct way easily.



(illus 1)

EXERCISE TWO

Single-arm Floor Dip
arms and chest



(illus. 2)

begin with the forearm in contact with your right hand. You should be able to
work your way up. By bending your right arm, you can
control the force. Work can be started by lifting the arm and
allowing it to fall back to the floor. 10 to 15 repetitions (separate the arms apart if
together.)

EXERCISE THREE

Reverse Chair Dips
chest, arms, shoulders, back

Adopt a position as shown in illustration 3.
Lower and raise the torso rhythmically by
bending the arms fully and returning to the
straight arm position. Repeat until comfort-
ably tired. 10 to 25 repetitions.



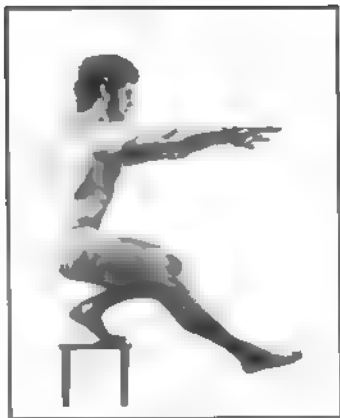
(illus. 3)

EXERCISE FOUR

Single Leg Squat

(thighs)

Stand on a bench or chair with one foot. Squat down slowly on that one leg and return to a starting position. Use arms for balance. Don't forget to work each leg. Anything from 5-20 repetitions. (Illustration 4)



(illus 4)

EXERCISE FIVE

Chair Forearm Pressups

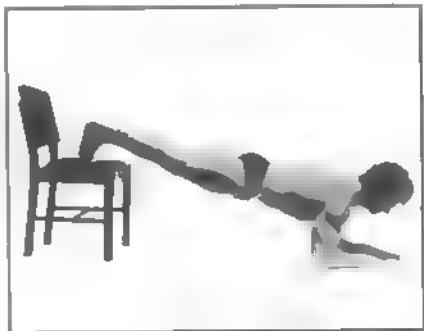
(arms)

Exercise 5 is shown in Illustration 5. Press up until the arms are straight. Lower and repeat.

If you have difficulty in getting started with this exercise, then rock your body forward at the commencement of the movement.

Alternatively you might find it easier to start this exercise with straight arms and consequently you can lower forearms to the floor quickly and 'bounce' back into the straight arm position.

Repeat for up to 20 repetitions.



(illus 5)

EXERCISE SIX

Doorway Pulls

(back)

(a) Hold onto door handles of a sturdy door as illustrated (illus. 6).

(b) Pull hard on the handles with both hands so that the strain is on the large upper back muscles (lats).

(c) Perform up to 15 pulls each set.



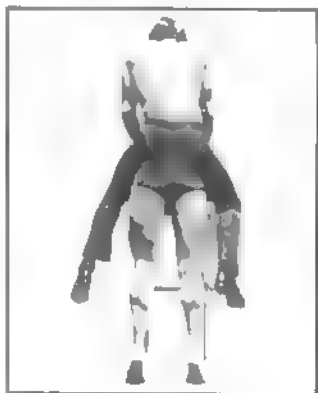
illus. 6

EXERCISE SEVEN

Donkey Calf Raise

(lower legs)

Adopt a position as shown in illustration 7. Your body is bent over parallel to the floor, hands supported on a bench or stool. Have a partner sit on your lower back to add resistance. The exercise is to raise the heels up and down (as high as possible) so that the calf muscles are worked strongly. If you find 20 repetitions easy, then place the toes on a couple of thick books so that the calf obtains a greater stretch when the heels are lowered.

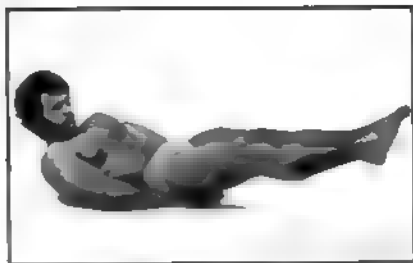


illus. 7

EXERCISE EIGHT

Leg Raise

{waist}

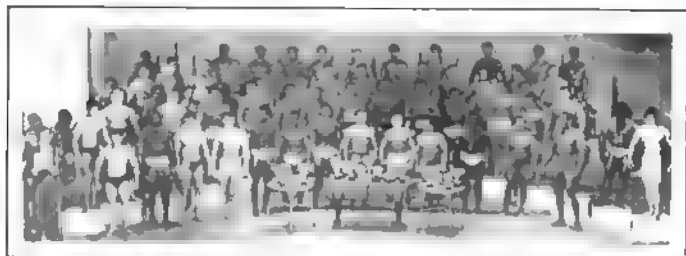


(Illus. 8)

Lie on the floor with hands tucked underneath seat. Raise feet from floor slowly. Lower and repeat. Aim to build up to 30 repetitions.



Another artist: shot at perfectly proportioned Mr. Universe Pan Hsien-ty



Here's the impressive line-up at the annual NABBA Mr. Universe contest held in a hall in England each year.

PHYSIQUE CONTESTS

Regardless of your age, you may enter Physique Contests. Needless to say, you need to have some muscle before you enter, so there are plenty of novice contests held regularly for those who wish to show off their huge muscles as yet.

A friend tried to find a spectator at a couple of *bodybuilding* contests. He was told you would not find what is expected of you and you will be better prepared when it comes to your physique. He was right. Physique contests are usually sponsored by your local Y, M, C, A, Gymnasium or from a newspaper. My favourite is *MUSCULAR DEVELOPMENT* but a directory of contests is in month. Study these and you will know to date where and when bodybuilding shows are held in your area.

If you only enter novice contests, then you will find a lot of interest in your physique. You will have a lot of friends and drive home happily with a contest medal. You are going to train a lot harder so that you are in peak condition for that big day.

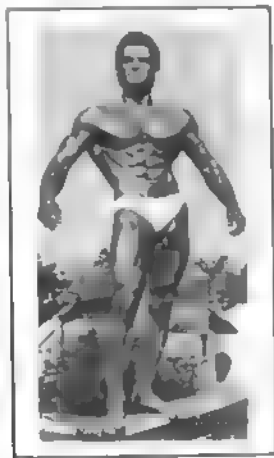
Usually there is no muscle wastage in the way you train as the contest is a heavy event. The same is true of variations though. Generally speaking, you will be using mainly just your upper body and your meat vegetable bread milk eggs fish dairy products etc.

However, unless you have fairly well defined muscles, virtually existing through skin, you should change your eating habits as the contest day approaches. Eat light bread, fruit and dairy products, reduce your carbohydrates to a minimum. During the last month or so, mainly you should eat mainly bananas, bananas, pears, breads, cakes, cookies, etc. etc. Even milk should be avoided and eventually stopping entirely during the last two weeks or so. Eat more fat free meats, fish, eggs, cottage cheese, sunflower seeds, poultry and light salads.

During the last 2-4 weeks some bodybuilders train 5 days a week, but during the contest they train even more. Many of them in these final training periods feel that they are working out with a very low intensity and are exhausted. This is not a healthy condition, and few bodybuilders can determine this. Contest Preparation is very long.

It is still a fact that the vast majority of bodybuilders today train only three times a week with at least a full day's rest between sessions.

When you enter a Physique Contest you are automatically expected to adopt the best possible Physical Training Program. It is up to you who is the best. That is, you can win the contest and get the trophy, or the guy who gets the judges' nod. Best of luck!



Super physique Vince Gironda has won his share of physique contests. He has a fantastically proportionate body.

He is also considered one of the greatest strength athletes in the world. He was a very successful gym on Ventura Boulevard in Hollywood, Angeles, California.

FIRM UP YOUR FACE



Right: Looking straight ahead with the mouth closed and the lips pressed together.

The face mirrors our emotions, conveys our thoughts and makes people like or dislike us. One of the best ways we use it. Since your face is composed of muscles, skin and nerves, just like the rest of your body, has it never occurred to you that it could be made to look better than it does? It can.

Your face is the most important part of your anatomy. It is the only part that is constantly on display. By far the largest part of our lives is spent fully exposed. Our friends and strangers judge us by what they see on our face.

The face expresses our emotions and conveys our thoughts. When you go for a job or have an important business interview, your face is under close observation and your abilities and character are largely judged by what your face reflects. And the chances are, without you realizing it, you're not doing as well as you could. So let's give the face a little love.



LEFT Start puckering the lips as though to

touch an object a few inches away. This is the first movement in forming the smile.

though trying to touch an object a few inches away. This is the first movement in forming the smile.

the first movement in forming the smile.

the first movement in forming the smile.

RIGHT Now relax the lips and

the first movement in forming the smile.



With the first movement we form a thin smile, with the second we are forming them in the opposite direction, outward away from the center of the face. These movements are the first steps in forming the smile. The inward movements in the face is called the first movement in forming the smile.



At left and right we illustrate a chin builder which also benefits the mouth, making it more expressive. Keeping the teeth closed tight, force the chin muscle downward with all your willpower and hold it there, as in photo at left. Keep the upper part of the face relaxed. Now force the chin muscle upward, as in photo at right and hold. After you have learned to control this movement try a brisker routine. Do four very slowly then eight fast, and so on. In several moments your chin will ache from the effort and soon you will see a marked improvement in the size and contour of your chin. A strong chin improves any man's face. This exercise will help you make the most of your chin.



We know that when we see a man's face the only part that is not looked at is the nose. It is only by the eyes that we get our general impression that this is a man's face and it is all just as at the same time.

But how about the face?

The only way to improve the face is that by doing a few exercises to the face. A man's face is not handsome when it is not handsome. A man's face is not handsome when it is not handsome. A man's face is not handsome when it is not handsome.

When the face is not handsome, the face is not handsome. When the face is not handsome, the face is not handsome. When the face is not handsome, the face is not handsome. When the face is not handsome, the face is not handsome.

At least to some extent

Far from being a great improvement, the complexion and appearance of the face is not only not improved. We should remember that good skin is just as attractive on a man as it is on a woman. Anybody who has had a good nose look at Steve Reeves. A good nose is a good nose. A good nose is a good nose. A good nose is a good nose.

The expression of the eyes comes from the soul revealing the quality of our spiritual development which is far too deep a subject to go into here. But the mouth is purely emotional and can be improved in shape and its expressions brought under control through exercise. The mouth is a large circular muscle with a hole in the middle like a doughnut. It is very flexible stretching to an opening the size of an orange and contracting to the size of a pea. When this muscle is well exercised the lips become full and very expressive in conversation. When not cared for the mouth muscle will show every bit of strain and nervous tension the body is subjected to. The lips will be light and colorless and there may be fine lines running from the nose to the corners of the mouth.

The muscles around the eyes also respond in exercise as do the forehead, cheeks and chin. The muscles around the eyes are closely connected with the nervous system and since the skin is very thin this gives nervous reaction brought on by strain, worry, loss of sleep, etc. You may see enlarged nerves eating up fatty tissues and when we dissipate we lose loss of fat under the thin skin around the eyes that makes those terrible hollows, dark circles and bags. Facial exercise may help control this loss of fatty tissue by building up the appearance of your eyes, and of old you will find the difference so dramatic you can't believe it. Look over the skin in youth and the lack of it in the aged. You can also retain it's youthfulness by exercise and augmented circulation and help keep your eyes young looking.

The chin is also a muscle and can be made larger and handsomer by exercise. Of course the jaw and chin are greatly affected with the size of your chin and if the nose is weak and lacks in your jaw then the development is just going back. But I have seen remarkable improvement in the face of a girl in a few days by using the chin muscle to make size and prominence.

The first two photos illustrate an exercise that is wonderful for developing the mouth muscles and the second some exercises the entire face if you do it properly. It will help lift the brows and build up the jaw keep the firm fullness of youth in the cheeks. The second two photos illustrate some of the work that also benefits the mouth and neck.

So don't just aim to build the muscles of your body. Give your face a chance.



YOU CAN TEAR A TELEPHONE BOOK APART WITH YOUR BARE HANDS!

Put those muscles of yours to work. Teach them how to tear a telephone book apart with your bare hands. It's easy if you know how, and you don't have to be a superman to do it, either.



There are few sports that are more impressive than ripping a large telephone book apart with your bare hands. This feat takes a combination of strength and know-how. Especially important is strong gripping power in the fingers and joints. However, if you don't know how to go about doing this feat, your strength in the world won't do you much good.

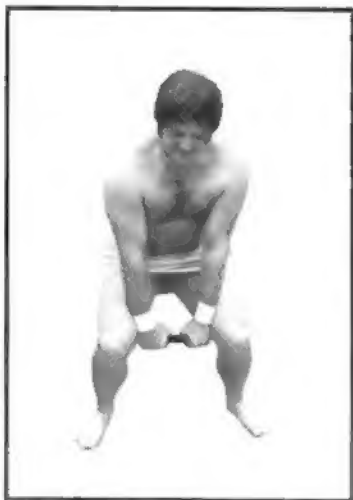
Bodybuilders already have strong gripping power because of all the grip-building exercises they do. The **MERCURIES** routine will give you the basic strength needed, but squeezing off tennis balls with your fingertips is also a terrific exercise. Just grab one in each hand and squeeze away for all you are worth.

2. Adopt a position as illustrated (Stage 1), keeping the feet in a good solid position. Use the knee as shown in the photograph. In this way you will be able to bend the spike around the knee and get a "start" on the breaking process.

The second stage involves a change of position. You have bent the spike as much as possible during Stage 1 and now you need to increase the bend by adopting the second position,

Still holding tightly onto the bar or spike, you now change leg positions, whereby your knees are about 15 inches apart. Hold the spike as illustrated, and complete the second part of the first bend by aiding the hands and wrists with the inner part of the thighs.

Stage 2



3. Now is the time to "unbend" the bent bar. This is a most crucial part (Stage 3); in fact this is the most important stage if you are serious about breaking the spike.

Follow the exact hand placing as illustrated. The hand on the right is the hand that bends the nail. Note its position. Be sure to use the soft part of your hand just under the thumb so that you enjoy the utmost leverage which is vital in aiding spike-breaking. Continue through stage 1, 2 and 3 until the spike breaks.

Stage 3



It is always a good idea to start with thinner gauge spikes at first (6" ovals are good). Gradually you will develop further skill, strength and stamina (you need all three!) to go to work on heavier metal.

Don't use sharp spikes. They can hurt; use plenty of canvas to protect your hands.

THE END OF HERCULES II — THE BEGINNING OF YOU!

This is your last weekly lesson. If you have been faithful in your Hercules II workouts, then you HAVE GAINED FANTASTICALLY IN MUSCULAR SIZE, TONE, FITNESS AND STRENGTH. If you have followed our instructions to the letter, then you will have made great progress. In fact it would be virtually impossible for you to not have made gains in muscular development.

We hope now that you have got into the habit of exercising regularly, you will continue with your body-building workouts. You may want to get even bigger, or you may just want to train to keep super fit. Whatever your reasons, regular exercise is one of the most beneficial things in the entire world. If you don't want added size, then why not train a little less strenuously just to keep the muscles you now have in tip-top shape for the rest of your life. Believe us — THERE IS NO MORE REWARDING FEELING THAN KNOWING YOU ARE IN TOP PHYSICAL CONDITION. You feel S-T-R-O-N-G, ready for action. Your waist is flat and rock-hard. Your panther legs are ready to take you anywhere you will them, in triple-quick time. Your chest swells to monumental depth, your back is crowded with "Tiger" muscles of incredible definition. Anytime you bend your arms your biceps "jump" into a titanic mountain of pure rock-hard muscle. Flex them and they form a "peak" that would put a full-sized melon in the shade.

Yes sir! Muscles are worth millions! Of all the top stars in physical culture — men who have worked for their health, fitness and physique — we have NEVER MET ONE SOLITARY INDIVIDUAL WHO WOULD TRADE HIS PERFECT PHYSICAL CONDITION FOR EVEN ONE MILLION DOLLARS!

So remember, a little exercise and attention to your diet will go a long way. That's the beauty of body-building. Once you have built a championship body, it takes hardly any effort to maintain this condition.

On the other hand, if you want to make even more progress you should continue working HARD at your exercise program. As long as you continue giving it all you've got, your muscles will continue to improve. Stop and think about that! Just imagine what you will look like! You could continue until your body is developed to its fullest degree. Your body has a lot of potential. But remember, muscles are unpredictable. Some weeks they will just not seem to be growing, whereas other times they will seem to be growing almost every day. Day after day. Your gains will not come with "clockwork" regularity. Muscles tend to suddenly grow an inch or two, and then level off. Then if you keep training, they will suddenly spurt forward again, showing a further increase. Between spasms of growth you might reach a stale period at which time the muscles do not continue steady growth. At such "sticking points" you should eat more protein foods, perhaps even increase your milk intake substantially. Protein supplements have broken sticking points for some of the Nation's most famous physique stars. They simply added a good protein powder to a glass of milk or cream and consumed it after a workout. You should always bear in mind that MUSCLE IS ALMOST COMPLETELY BUILT FROM PURE PROTEIN!

Consequently only pure organic protein can build muscle. A PROTEIN SUPPLEMENT IS YOUR BEST ASSURANCE THAT YOU WILL NOT BE WASTING YOUR TRAINING EFFORTS!

We would like to say a word about personal conduct at this point. Once you have built big muscles you should not "show off" to your friends. Don't constantly pose your arms and flex your muscles to impress your buddies. This is one of the quickest ways to lose friends. If you have a good physique then your friends will notice without your having to "flex up" every few minutes to push your "lumps" under their noses to draw attention to yourself.

Conduct yourself quietly. Adopt an air of calm self-assured confidence. Don't be a loudmouth! People will hate you for it no matter how impressive your physique. Don't pose when at the beach. Simply stand with good posture, with your arms close to your sides. Don't "lat spread" (stand with arms outstretched at the sides away from the body). You will look ridiculous if you stand like this. Besides, dogs are liable to bark at you if you adopt this ridiculous posed position.

President Roosevelt wrote: "Walk softly, but carry a big stick". Your muscles are your "big stick" - make sure you walk "softly" with it.

We will keep your name on file at the Hercules II offices. You are one of the few people in this land who is genuinely interested in physical culture and body development. That makes you a special kind of person. Needless to say, your file is kept in a locked fireproof cabinet and your completed order form is kept strictly confidential.

Should we get news of any further developments in the form of muscle building breakthroughs, improved protein products, secret exercises, etc., we will let you know. Meanwhile, we take this opportunity of wishing you the very best luck in life. Keep training. Be healthy and above all, give life all you've got. We only go around but once!

P.S. —

We hope that you will induce your friends to enroll with us, so that we can help them too. Just send their names and addresses.

Although this lesson completes our course, we want you to feel free to write to us at any time if you ever have any questions.

With our very best wishes and sincere and warm handshake, we wish you health, strength, long life and happiness!